

**OUTDOORS CALENDAR**

**DATES AND EVENTS**

**FUND-RAISERS/CLASSES**  
The Challenge Chapter of Trout Unlimited will offer two classes on fly tying beginning at 7 p.m. Monday, Jan. 24, at Birmingham Senholm High School. One class is for beginners and one for those who already fly. Classes run Monday evenings for 10 weeks. Class fee is \$30 and advanced registration is required, 433-8444.  
The National Rifle Association's Home Firearms Safety class begins at 6:30 p.m. Monday, Jan. 17 and Jan. 24, at the Wayne County Sportsman's Club in Romulus, 632-0285.  
The Michigan Bowhunting Conference will sponsor a benefit dinner beginning at 6 p.m. Saturday, Jan. 22, at the Davison Knights of Columbus Hall. Proceeds from the event will be used to support an April conference titled, "Hunters Resolving Issues." Raffles and a silent auction will be held and rock 'n' roll bowhunter Ted Nugent will make a special appearance. Tickets are \$20 and seating is limited, 678-2556.  
The Wayne County Sportsman's Club and the Michigan Department of Natural Resources will offer a class leading to a Michigan Safe Hunter certificate beginning at 8 a.m. Saturday and Sunday, Jan. 22-23, and Feb. 26-27, at the Wayne County Sportsman's Club in Romulus, 632-0285.

**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, 477-3816.  
The Michigan Fly Fishing Club meets at 7 p.m. the first and third Wednesdays of each month at Livonia Clarenceville Junior High School, 420-2233.

**SEASONS**  
Rabbit — statewide through March 31.  
Raccoon — statewide through Jan. 31.  
Fox — statewide through March 1.  
Coyote — statewide through April 15.  
Crow — statewide Jan. 1 to March 1.  
Sturgeon — Through Feb. 28 on non-trout streams and inland lakes.  
Walleye, sauger and northern pike — through March 15 on non-trout streams, inland lakes, and Great Lakes. (Open year-round on Lake St. Clair, Detroit and St. Clair rivers.)

**SHOOTING RANGES**  
The gun range at the Pontiac Lake Recreation Area is open 10 a.m. to 5 p.m. Wednesday-Sunday, 666-1020.  
The gun range at the Bald Mountain Recreation Area is open 10 a.m. to dusk on Wednesdays, Saturdays and Sundays, 693-6767.

**OAKLAND COUNTY PARKS**  
**SNOWSHOING BY TWILIGHT**  
A twilight hike using snowshoes furnished by the Nature Center begins at 4 p.m. Saturday at In-

dependence Oaks. This program is not designed for preschool children.  
**TUNING YOUR TOT INTO WINTER**  
A program for children ages 3-6 including stories, songs, a nature walk, crafts and a snack, all focusing on winter, will be offered at 10 a.m. and 1 p.m. Wednesday and Thursday, Jan. 12-13, at Independence Oaks.  
**STARLIGHT SKI**  
Learn about two common owls and take an evening cross country ski tour to locate owls in this nature program which begins at 7 p.m. Saturday, Jan. 22, at Independence Oaks. Participants must be able to ski three kilometers (novice level or above) and must provide their own equipment. A night hike will be substituted if snow conditions do not permit skiing.  
**COUNTY PARK REQUIREMENTS**  
Advanced registration and a motor vehicle permit are required for all Oakland County Parks programs, 625-6473.

**METROPARKS**

**NEW YEARS BIRD COUNT**  
The 18th annual census of the park's bird population begins at 8 a.m. Saturday at Kensington. Participants should bring binoculars, lunch and appropriate winter clothing to take part in this morning activity.  
**YOUNG ASTRONOMER'S CLUB**  
A monthly program for children ages eight and older who want to learn about the stars and planets begins at 6:30 p.m. Saturday at Stony Creek.  
**FURRY CRITTER STORY HOUR**  
A program for children ages three to five begins at 1 p.m. Sunday at Stony Creek. Through stories and puppets participants will learn about skunks, porcupines and other Michigan mammals.  
**WINTER WANDERINGS**  
A family hike in which participants will learn new ways to look at nature in winter begins at 2 p.m. Sunday at Kensington.

**Physical activity healthy**

Dear Myrna: Can a physically active lifestyle prolong life?



MYRNA PARTRICH

This is really a big question. I could probably write on this subject using up the entire sports section and then some. So, I've chosen two simple studies recently published in the New England Journal of Medicine.  
Dr. Ralph Paffenbarger from the Harvard School of Public Health charted the exercise habits of more than 10,000 Harvard alumni with questionnaires administered first in 1962 through 1966 and again in 1977 through 1985.  
Then, over the next eight years, Paffenbarger and colleagues collected mortality data. The alumni who reported

participating in sports activities of moderate intensity had a risk of dying from any cause that was 23 to 29 percent lower than that of alumni who had never participated in sports.  
Encouragingly, the late bloomers — those alumni who weren't physically active in the first round of surveys but had taken up exercise by the second round — fared very well, too. They had a substantial reduction in mortality from all causes (23 percent) and from coronary artery disease (41 percent) as compared with their less vigorous classmates," according to Paffenbarger (Ralph S. et al, New England J of Med. 1993, 328: 538-545).  
Researchers in Norway reported similar results.  
Close to 2,000 men, ages 40 to 69 years, underwent exercise testing in 1972 through 1975. Investigators quantified their maximal exercise capacity as a measure of their physical fitness.  
Sixteen years later, the scientists examined mortality statis-

tics and found that the fittest men had cut their risk of dying from cardiovascular causes by 41 percent compared to the least fit men, even after adjustments for other cardiovascular risk factors, such as age and blood lipids; their risk of dying from any cause dropped 46 percent.  
The authors concluded that physical fitness appears to be an "independent, long-term predictor of mortality from cardiovascular causes in healthy, middle-aged men. A high level of fitness was also associated with lower mortality from any cause." (Sandvik, Levik, et al, New Engl. J. of Med. 1993, 328: 533-537).  
Myrna Partrich is 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. Send your questions to: Sports Department, Myrna Partrich, 805 E. Maple, Birmingham, 48009.



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**ICE FISHING HEADQUARTERS!**

**25.96**  
**SOUTHBEND ROD AND REEL COMBO**  
510 reel, right-hand throw, front drag, 4:1 gear ratio, 2700, 4/130, 6/60 line capacity, matched with a 30" ultra light action rod.

**12.96**  
**SOUTHBEND ICEFISHING SPINNING COMBO**  
Ultra sensitive Micro-Lite fiberglass rod engineered to detect the slightest bump, nudge or strike.

**12.96**  
**SOUTHBEND 24" POLARIS™ SUPER-TUFF ICE SPINNING ROD**  
Fiberglass rods designed with large diameter butts for maximum hook setting power.

**7.66**  
**SOUTHBEND MINI MITE 24" ICE ROD**  
The fast-taper solid-glass rod blank is wrapped with one solid loop ceramic guide and lightweight tip-top.

**4.66**  
**SOUTHBEND NORTHERN AIR™ 24" ICE ROD**  
Northern air rods feature a rugged fiberglass, bright purple-colored, rod blanks, rods have positive locking.

**149.96**  
**POLARIS 3-MAN ICE SHELTER**  
Zippered, durable polyethylene walls withstand -40°, rigid aluminum frame.

**129.96**  
**POLARIS 2-MAN ICE SHELTER**  
42" W x 60" L x 58" H, rigid aluminum frame.

**3.96**  
**KOLPIN WOLP HEAT SEAT**  
17 fluorescent orange with metal carrying dip.

**149.96**  
**HUMMINBIRD WIDE "ONE" PORTABLE FISH FINDER**  
Portable case, suction cup transducer, quick disconnect mount, bottom alarm, 3 size led 10.

**189.96**  
**SHAPPELL™ PORTABLE ICE FISHING SHELTER**  
Fits in the back of a small wagon or hatchback, sets up in a minute and is easily moveable.

**31.96**  
**COLEMAN 2 MANTLE LIQUID FUEL LANTERN**  
Investigates, quantified, adjustable brightness to 220 candlepower.

**44.96**  
**COLEMAN PROPANE HEATER**  
Electric ignition, adjustable output, 2500 to 5000 BTU's.

**16.96**  
**IGLOO THERMAL TIP-UP**  
Stops lure freeze up, eliminates snow and ice build up, big hook-and-line storage, large minnow clip.

**3.96**  
**K & E TIP-UP WITH 4" REEL**  
Good choice for no freeze-up, stainless steel hook frame, bright high visibility flag, 4" durable elastic reel.

**13.96**  
**H.T. ENTERPRISES POLAR TIP-UP**  
Quality baiter that freezes up, stainless frame for easy removal from ice, ice guide designed for easy in and out use placement.

**29.96**  
**MORA 6" HAND AUGER**  
2 piece blade and bit auger, chrome alloy stainless steel blade.

**199.96**  
**ESKIMO POWER AUGER**  
8" ice drill features double blade cutting system with stainless steel blades, foam grip anti-vibration handles.

**THE SPORTS AUTHORITY PRICE GUARANTEE**  
lowest price guarantee

**74.96**  
**LACROSSE ICE MAN NEWS PAC BOOTS**  
Leather upper, rubber bottom, double insulated with 4th ply foam and removable 5mm wool felt polypropylene liner.

**99.96**  
**LACROSSE ICE KING MEN'S PAC BOOTS**  
True insulated, removable 3 1/2" foam liner with a 5mm felt sole, leather counter prevents leakage.

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**THE WEEK AHEAD**

**BOYS BASKETBALL** Friday, Jan. 7  
Lutheran West at Liv. Westland, 7 p.m.  
Bellevue at Garden City, 7 p.m.  
Crest Ford at Redford Lincoln, 7 p.m.  
Farm. Harrison at Farmington, 7 p.m.  
Liv. Westam at N. Farmington, 7 p.m.  
Liv. Churchill at Liv. Stewarts, 7:30 p.m.  
Liv. Franklin at W.L. Central, 7:30 p.m.  
Northville at Westland Glenn, 7:30 p.m.  
Ply. Canton at Ply. Salem, 7:30 p.m.  
Wayne at Taylor Truman, 7:30 p.m.  
Allen Park at Red. Thurston, 7:30 p.m.  
Dorcas at H.W. Hoop, 7:30 p.m.  
Liv. Jewett at Redford CC, 7:30 p.m.  
St. Agatha at Oak. Catholic, 7:30 p.m.  
Huron Valley at A.L. Greenfield, 7:30 p.m.  
Ply. Christian at W. Bethesda, 7:30 p.m.

**WRESTLING** Friday, Jan. 7  
Liv. Franklin vs. Harvard High.  
Liv. Churchill vs. Liv. Stewarts at Livonia's Edger Arena, 6 & 8 p.m.

**BASKETBALL** Saturday, Jan. 8  
Redford CC vs. Crosee PIA, North at Redford Ice Arena, 6 p.m.

**WOMEN'S COLLEGE BASKETBALL** Saturday, Jan. 8  
Farm West at Oakland CC, 7:30 p.m.  
Macomb CC at Rochester, 7:30 p.m.

**WOMEN'S COLLEGE BASKETBALL** Saturday, Jan. 8  
Madonna at Starna Heights, TBA  
Livonia at Livonia, 8 p.m.  
Spring Arbor vs. Livonia, 3 p.m.  
TBA — time to be announced

**WATERFORD** 277 Summit Dr. (to Summit Crossings) 738-5020

**MADISON HEIGHTS** John R Rd. (south of Middlebelt) 522-2750

**LIVONIA** Plymouth Road (west of Middlebelt) 522-2750

**CLINTON TOWNSHIP** Grand Avenue and Quail (1 1/2 Mile Road) 791-8400

**UTICA** M-59 (Hill Road) and M-53 254-8650

**STORE HOURS** MON-FRI 10AM-9PM SAT 9AM-9PM SUN 10AM-6PM