

OUTDOORS CALENDAR

CLASSES

HUNTER EDUCATION

Multi Lakes Conservation Association in Walled Lake will be the site of three hunter education certification classes. There is a \$6 fee for each session. The first ses-

sion will be held Sept. 5, 6, 9, 12 and 13. The second session will run Sept. 19, 20, 23, 26 and 27. The final session will be held Oct. 3, 4, 10, 11, 14. All weekend classes meet 7-10 p.m. and Saturday classes meet 9 a.m.-noon. Participants must attend all five classes in each session to receive a hunter

safety certificate. Participants must be at least 12 years of age by the end of the upcoming hunting season. Participants should bring a copy of their birth certificate, a social security number and written parental consent for the course. Call 363-2294 or 363-7030 for more information.

■ **DETROIT ARCHERS** will hold a certified hunter education course on Friday, Saturday and Sunday at its clubhouse in West Bloomfield. The course is open to anyone, but only those persons turning 12 by March 31 1996 or older will be issued a certificate and a hunter safety patch. Adults and youths are encouraged to take the class and parents are encouraged to attend with their children. Parents must sign a consent form. Class size is limited and pre-registration is required. Call (810) 661-9610 for more information.

shoots, door prizes and more. Representatives from Oxford Outfitters will be on hand with accessories and equipment for sale. Call 628-1212 (days) or 633-9799 (evenings) for more information.

■ **BROADHEAD SHOOT**
Detroit Archers will hold a 3D shoot beginning at 9 a.m. Sunday on its walk-through course in West Bloomfield. (810) 661-9610 or (313) 522-2538.

SHOWS

■ **OUTDOOR WEEKEND**
The ninth annual Woods-n-Water News Outdoor Weekend will be held Friday, Saturday and Sunday, Sept. 8-10, at the Eastern Michigan Fairgrounds in Lima City. The show features 125 exhibitors with deals on the latest in outdoor merchandise, seminars, speakers, a 3D archery shoot, a chili cook-off, a puppy mart and much more. Tickets are \$5 and children ages 11 and under will be admitted free.

FISHING CLUBS

■ **MICHIGAN FLY FISHING**
The Michigan Fly Fishing Club meets at 7 p.m. the first and third Wednesdays of each month at Livonia Clarenceville Junior High School. (810) 478-1494.

■ **FOUR SEASONS**
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.

■ **METRO-WEST STEELHEADERS**
Metro-West Steelheaders meets at 7:30 p.m. on the first Tuesday of each month at Garden City High School. 420-2968.

METROPARKS

■ **METROPARK REQUIREMENTS**
Most Metropark programs are free, while some require a nominal fee. Advanced registration and

a motor vehicle permit are required for all programs. Call the respective parks, toll free: Stony Creek, 1-800-477-7788; Indian Springs, 1-800-477-3192; Kensington, 1-800-477-3178.

■ **TOT LOT NATURE PROGRAM**
A half-hour nature program for children will be held at 1 p.m. each Sunday during August in the Tot Lot at Indian Springs.

■ **ALONG CAME A SPIDER**
A slide program followed by an outdoor session in which participants will learn about spiders begins at 10 a.m. Saturday at Indian Springs.

■ **STARGLAZING**
An evening of sky viewing and story telling about summer constellations begins at 8 p.m. Saturday at Stony Creek.

■ **LATE SUMMER SOJOURN**
A walk to look for summer wildflowers at their peak begins at 2 p.m. Sunday at Kensington.

OAKLAND COUNTY PARKS

■ **COUNTY PARK REQUIREMENTS**
Advanced registration is required for all nature programs at Oakland County Parks. Call (810) 625-6473 to register or for more information.

■ **FROM NEIGHBORHOODS TO RAINFORESTS**
Biologists Kim Williams and Bob Miles will reveal interesting facts about bats during this program, which begins at 7:30 p.m. Friday at Independence Oaks.

■ **NOT TO RICHES**
Decomposition is "nature's way with waste" and participants in this program will learn all about compost systems. The program begins at 1 p.m. Saturday, Sept. 9, at Independence Oaks.

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36" x 36" \$112.50
24" x 48" \$124.50
36" x 48" \$127.50
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36" x 36" \$114.50
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1-3 3-PW OVERSIZE STAINLESS STEEL WOODS AND IRONS

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SPALDING MOLITOR BALLS

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Value at \$29.99

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Assorted 2 Year Waterproof SPECIAL PURCHASE Dry-Joy GX, Dry-Joy, Reebok, Nike

Value to \$170.00

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ODDS & ENDS SHOES

Men's & Ladies

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MYRNA PARTNICH

I am a 32-year-old woman - very sedentary. I recently had my second baby and I am doing a 10 lb overweight. I know you recommend walking. How much walking do I need to do to significantly improve my health and appearance?

Now we are talking in general, knowing you and realizing you are not terribly overweight. You want to aim for three miles, walking briskly, three times a week. Four or five times a week being your obtainable goal. I recommend doing all three miles

FISHING TOURNAMENTS

■ **BASS MASTERS**
The Oakland Bass Masters of Michigan will hold an open tournament on Cass Lake beginning at 6 a.m. Sunday, Aug. 27. Registration deadline for this two-person team tournament is Aug. 25, and the registration fee is \$75 per boat. (810) 642-5254.

■ **CHARITY BASS CLASSIC**
The Lake St. Clair Bass Anglers will hold its ninth annual Motor City Charity Bass Classic on Sunday, Aug. 27. Proceeds from the tournament will benefit ARC Services of Macomb. Team entry fee is \$115 before Aug. 15 and \$120 after that date. Call Dave Hargrave for more information at (810) 949-0151.

APPLICATION DEADLINES

■ **ANTLERLESS DEER**
The deadline to apply for an antlerless deer permit is Sept. 24.

ARCHERY

■ **3D JAMBOREES**
Royal Oak Archers will hold its third annual 3D Jamboree on Saturday and Sunday on its walk-through course in Lake Orion. The Jamboree features 42 targets, a pig roast both days, novelty

that offer some outstanding practice opportunities.

Royal Oak Archers is holding a two-day 3D Jamboree on Saturday and Sunday at its clubhouse and grounds in Lake Orion while Detroit Archers is holding a 3D shoot Sunday on its walk-through range in West Bloomfield.

Located on Orion Road, just west of Adams, Royal Oak Archers has a beautifully wooded course which wraps around a portion of Paint Creek. The club has three courses with a total of 42 targets and features ground shots from various angles as well as shots from elevated platforms for all you tree climbers.

Saturday's shoot runs 8 a.m. to 6 p.m. and Sunday's shoot will run 8 a.m. to 3 p.m. There will also be novelty shoots, door prizes and a pig roast (\$5 adult and \$3 child) each day and Oxford Outfitters will have a booth with the latest archery equipment and supplies. ROA is also holding a critter shoot beginning at 8:30 p.m. Saturday night. A flashlight is needed. Registration fee is \$10 for each of the day shoots and \$5 for the critter shoot. For additional information, call (810) 633-9799 or (810) 623-1212.

Detroit Archers was founded in 1924 by Saxon Pope and Art

Young and is Michigan's oldest archery club. Fred Bear was a longtime member and was the club's president in 1933.

Thirty McKenzie targets will be awaiting shooters Sunday at Detroit Archers' 3D shoot. Located at 6705 Drake Rd. (between Maple and Walnut Lake) Detroit Archers owns 31 wooded acres and also offers ground shots and shots from elevated platforms.

Registration is from 9 a.m. to 2 p.m. and the cost is \$7.50 adult and \$3.75 for youths age 17 and under.

On Sept. 9-10 Detroit Archers will hold its annual Bowhunter Jamboree. The Jamboree will feature 42 stations with over 60 targets. Thousands of dollars in archery-related equipment will be given away as door prizes and through raffles and novelty shoots. For additional information, call Detroit Archers at (810) 661-9610 after 6 p.m.

Anglers are urged to report their success. Questions and comments are also encouraged. Send information to *Outdoors*, 805 E. Maple, Birmingham, MI 48009. Fax information to (810) 644-1314 or call Bill Parker evenings at (810) 901-2573.

Opening day approaches for archery deer season



BILL PARKER

that the deer herd is healthy and again approaching the two-million mark.

"This should be an outstanding season for all deer hunters," said DNR big game specialist Ed Langston. "We have between 1.8 million and two million deer right now."

If you haven't already honed your shooting skills you're very overdue. Maybe you should consider joining a fall golf league this year. You owe it to the deer to be proficient with your equipment and not just rely on blind luck.

But if you're still serious about heading into the woods on Oct. 1 there are a couple events this weekend and in the coming weeks

Walking good, light exercise for mom



MYRNA PARTNICH

at one time, rather than breaking it up during the day.

Start with a one mile walk and add a quarter mile per week. After two months, you will have built up to three miles. An easy way to measure distance might be the odometer in your car.

This exercise habit will improve your health and make a measurable difference in weight control. There have been several studies related to walking.

John Dunstan's Institute for Aerobic Research published in the Journal of the American Medical Association, a study involving 102 previously sedentary women.

These women, ranging in age from 20 to 40 years, became regular walkers. They walked over flat terrain three miles a day, five days a week, at different speeds (strolling, brisk walking, and aerobic walking). After six months it turned out that all the groups had an average six percent rise in HDL (protective) cholesterol, which translates into an 18 percent reduction in the risk of heart attack. All the women lost their body fat as well.

To sum it up walking is a great way to improve personal health and appearance.

(Myrna Partnich 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 questions to: Sports Department, Myrna Partnich, 806 East Maple, Birmingham, MI 48009.)

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