

Turkey season draws near

TWO MILD WINTERS and two good nesting seasons have resulted in a Michigan turkey flock of better than 35,000 birds, the largest flock Michigan has ever supported since the restocking program began in the early 1950s.

A winter census, conducted by the Department of Natural Resources in January and February, recorded 35,304 birds across the state.

The census indicated that 30,307 turkeys were sighted in the hunt area, the south central Upper Peninsula and the northern Lower Peninsula.

A record 28,326 turkey permit applications were received this year, and since the flock has grown, the DNR was able to issue a record 19,952 permits, up 5,093 from the number issued in 1986.

Turkey season is fast becoming a major hunting season in Michigan.

"I think the main reason for the increase in popularity is that the number of turkey is increasing, not just in Michigan, but throughout the Midwest," said John Urbain, gamebird specialist with the DNR. "Since there are more birds, more people see them, more people write about them, more people hear about them and all this publicity adds to the hunting pressure."

ALTHOUGH THE FLOCK is centered in the northern Lower Peninsula, the DNR is trying to establish a turkey flock in the southern portion of the Lower Peninsula.

To date, 350 birds have been



outdoors
Bill Parker

planted in southern Michigan since 1983. The number of turkey counted in southern Michigan in the winter census was close to 2,500. Turkeys have been released at more than 20 locations in the southern Lower Peninsula including Pinkney, Waterloo, Hillsdale, Holly, Lapeer, Port Huron, Cass City and Minden.

"The ultimate goal is to have enough birds to have turkey hunting all over the state," said Farmington Hills resident Hugh Marx, the Michigan Chapter president of the National Wild Turkey Federation. "We're hoping that by next spring, we can have a limited hunt in some areas of southern Michigan, especially the Waterloo area. They started with about 30 birds (at Waterloo) in 1983, and now I think a conservative estimate would be around 800 birds."

SINCE THE HABITAT in southern Michigan is different than the woodland of the northern Lower Peninsula, the DNR has been stocking southern Michigan with birds from other states.

"We're trying to bring in birds that are known to have done well in other states, in areas with similar habitat," Urbain said. "The birds we

planted in (southern Michigan) seem to be able to adapt to the farm areas better and are shyer than the birds up north. This helps increase their survival rate in the more populated areas."

Turkeys are a challenge to hunt. They are wary birds with keen eyesight and excellent hearing, which makes it tough to call them in for a close shot.

"Turkeys have natural predators so they're naturally wary," Marx said. "Their sight and hearing is so good they seem to know what's happening around them at all times. When you're calling one in he knows where you are and is looking directly at you. That's another reason they're so tough to hunt. They also learn from their mistakes. If a hunter misses a shot that turkey will remember. Or if he's been called in before by a certain type of call he'll remember that too."

TURKEYS ARE more vocal in the early morning when they're looking for a mate. Once a gobbler has found

a hen, he's not inclined to leave her for the call of another. The early hours, when gobblers are coming off their roosts looking for a hen, are the best hours to hunt.

Scouting and patience are also a must for successful hunters, according to Marx.

"There can't be enough said about pre-season scouting," said Marx. "There's no sense hunting where there aren't any birds. Turkeys are wanderers and continually looking for a new food source. Just because they were somewhere last year doesn't mean they are going to be there again this year."

"You have to have patience, too. Just because a bird quits calling doesn't mean he isn't coming in. Sometimes it may take him an hour to walk in. You have to be patient and let him come in to you."

The DNR and the National Wild Turkey Federation are holding a series of wild turkey hunter orientation courses before the season, which begins April 18 in some areas. The closest session to the Observer & Escort area will be held March 31 at Warren Mott High School. The session runs 6-10 p.m., costs \$5 per person and is open to the public. For details, call Tom Murausk at 584-8312.

"We're a non-profit organization so the money (raised through the sessions) will go right back into Michigan turkey programs," said Marx.



exercising options

Myrna Partrich

Jogging is a nice aerobic workout

Dear Myrna: I'm a 24-year-old college student who could care less about sports. I'm not in good condition, but I am in good health. I need to start some type of aerobic exercise, although I will probably hate it. What about jogging? Should I start running every day? Should I stretch for about 15 minutes before running?

Evans,
West Bloomfield

First of all, do you understand that jogging is different from running?

Jogging is done at a slow, rhythmic pace that can easily be maintained for at least 20 minutes. Running is usually maintained closer to the ground and is much faster.

I do not recommend 15 minutes of stretching for a person out of condition who is beginning to jog. In fact, probably the best warmup of all would be a fast-paced walk to warm all your parts and get your body ready for action. After a program of jogging at least two weeks, you could try a few simple stretches.

Your most important stretching should be after jogging. It's extremely important to stretch your legs — the hamstring, gastrocnemius and soleus muscle groups. If you have the time, stretch all muscle groups after your activity — 15 minutes is great.

To begin jogging, start with a speed walk for five minutes; jog five minutes; speed walk another five minutes; and jog another five minutes, adding up to 30 minutes of rhythmic non-stop activity. Then stretch — every day for 1½ weeks.

In the second week, change the speed walk to a jog (five-minute speed walk, 10-minute jog). Add a few minutes at the end by speed walking to cool down, gradually bringing down the pace.

By three weeks you should be jogging 30 to 35 minutes every other day with a speed walk of five minutes to warm up and cool down.

A good pair of running shoes is mandatory. Trying to cut costs by jogging in a worn-out pair of gym shoes, or any type of ordinary gym shoe, will lead to trouble in the form of at least frustration, if not pain in foot or leg problems. Don't try to purchase an off-brand shoe — it doesn't pay.

Wear loose, comfortable clothing. Fancy expensive jogging outfits are unnecessary. Comfortable shorts and shirts, made of smooth materials that breathe well (cotton), will do starting with spring until next winter. Avoid scratchy materials that could become very irritating to the chest.

A good general rule when starting to jog — start slowly, at a pace you can comfortably maintain. Run with the heel first or the foot flat; do not get up on the ball of your foot so that it hits the ground first.

My last word of advice about jogging concerns the jogging surface. Generally, the softer the surface, the less shock there is to the feet and legs. Try not to jog on cement, and asphalt is barely acceptable. Gravel on the side of the roads could be your best choice — if you are running outside.

As with any exercise, keep in mind that it takes time to build up endurance. It's not only the heart and lungs that need toughening, but the tissue, ligaments and bones in your feet and legs. There is no way to rush it, so don't overdo it.

Remember, also, you are young and probably stronger than you think. You just might find you do like jogging after all.

(Myrna Partrich, co-owner of The Workout Company of Bloomfield Township, is happy to answer any questions readers may have regarding exercise. Please mail your signed letters to: Sports Department, Myrna Partrich, 1225 Bowers, Birmingham 48012.)

sports shorts

IMPORTANT DATES-EVENTS

• March 18-20 — 1988 Michigan Deer Spectacular, a consumer show for deer hunters featuring exhibits, seminars on deer, bear and turkey hunting and a trophy deer contest, will be held at the New Convention Center in Lansing. Show hours are 9-9 p.m. Friday, 9 a.m. to 9 p.m. Saturday and 10 a.m. to 5 p.m. Sunday. For details, call (517) 483-7408.

• March 20-26 — National Wildlife Week.

• March 26-27 — Midwest Fly Fishing Exposition, including 60 fly-fishing exhibitors, displays by conservation clubs and fly-fishing clubs, and seminars by Gary Borger (fly-fishing instructor), Tom Opro (outdoor editor of the Detroit Free Press), Doug Swisher (fly tyer, author and teacher) and Dave Richey (outdoor editor of The Detroit News), will be held at the Southfield Civic Center beginning at 10 a.m. both days. The show will close at 7 p.m. Saturday and 6 p.m. Sunday.

Admission is \$5 adults and \$1 for children under 12.

• April 8-10 — 1988 Michigan Wildlife Art Festival, featuring nationally known wildlife artists and their work, will be held at the Southfield Civic Center, the Southfield Hilton and the Detroit Zoo. For details, call (517) 882-3630.

METROPARKS

• Snowshoe rental is available weekends only at Indian Springs. Cost is \$3 for four hours plus a \$1 insurance fee. One dollar will be returned when the snowshoes and bindings are returned undamaged. For information and snow conditions, call 685-1551.

OKLAND COUNTY PARKS

• Blue Jewels of the Field, a nature program about bluebirds in which participants will be able to build a bluebird nesting box, will be offered Saturday at Independence Oaks beginning at 1 p.m. Advanced registration is required. Call 625-6473 for details.

outdoors calendar

OLSM TRACK CLINIC

Orchard Lake St. Mary's will hold a track and field clinic on March 18 and 19. Attending will be Olympic gold medalist Mac Wilkens (discus) and Harvey Glance (sprint and relays). The clinic runs from 9-9 p.m. March 18 and 10 a.m. to 4 p.m. March 19.

For more information call Tim King at 883-0539 or 882-3472.

BROTHER RICE AUCTION

A potpourri of items will be auctioned at the 11th annual Birmingham Brother Rice Irish Rite on March 18 at the Fairlane Manor. Auction items include a ride in the JR's Jetcopter 76, a Caribbean cruise for four, a pair of 19-inch Waterford crystal lamps, dinners with Jack Benny, Chuck Daly or Harry Rogers, an autographed shoe of Isiah Thomas, golf trips, autographed hockey sticks and jerseys of Red Wings' Steve Yzerman and Greg Stefan, numerous sports tickets and vacations in Cape Cod, Lake Tahoe, Fort Lauderdale and Mackinac Island.

Four silent auctions and a super-silent auction will open at 6:30 p.m. with a champagne reception. A gourmet dinner will be served at 8:30 p.m. The live auction conducted by auctioneer and appraiser Frank Boos of Birmingham's Frank Boos

Gallery begins at 9:30 p.m. The donation is \$75.00 per person.

GOLF SHOW

More than 60 exhibitors will occupy over 70 booths at the first Metro-Detroit Golf Show, March 19 and 20 at the Novi Hilton.

Golfers can speak with top PGA pro and will be introduced to the latest in golf equipment and vacation items.

Custom golf club makers, golf cart dealers, golf accessory dealers, golf art and photography studios, golf real estate developers, a famous-name golf course architect and other exhibitors of interest to golfers will be in attendance.

Over 100 prizes will be given away over the 2-day event, including several golf vacations. Admission is \$4 per person and may be purchased at the door.

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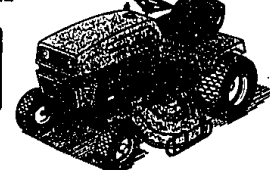


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