

## outdoors calendar

### IMPORTANT DATES AND EVENTS

• April 29 — Riverbend Sport Shop, at 2922 Northwestern Hwy., Southfield, will conduct a fly fishing class. Course fee is \$50 and includes equipment and lunch. Additional classes will be held on May 6 and 20, June 3 and 10, and July 15 and 22. Each class is limited to 12 students. Call 350-9484 for more information.

• April 28 — Trout season opens on designated trout streams and trout lakes.

• April 29 — Hunting Dog Training Clinic, sponsored by the Southeast Michigan Chapter of the North American Versatile Hunting Dog Association, will hold a clinic from 9 a.m. to 3 p.m. at the Moore Lake Dog Training site at the Highland State Recreation Area. The clinic will include training table work (whoa and fetch), field work (pointing and tracking) and water work. Cost is \$15 individually or \$20 family. For more information call Dave Pousley at 661-3144.

• April 29 — The Western Wayne County Conservancy Association will hold a 3-D archery shoot at its walk-through range in Plymouth. The shoot is open to the public and arch-

ers may use their own equipment or arrangements with the WCCA staff to try out a bow. Call 453-9843 during business hours or 525-1368 evenings for more information.

• May 2 — The Four Seasons Fishing Club, a family-oriented fishing club with open membership, will hold its monthly meeting at 7:30 p.m. at the Maplewood Center in Garden City. Guest speaker John Marks will discuss "Bass-niques," the art of finding prime fishing structure on a lake without the aid of a map. Fishing reports, tips and refreshments will also be available. For more information call Tony Brethler at 477-3816.

• May 12 — Commemorative Bucks of Michigan (CBM) will hold its annual Big Game Awards Dinner at 2 p.m. at the Kellogg Center in East Lansing. Tickets are \$20 each. For more information write to CBM at 3215 Old Farm Lane, Walled Lake 48080, or call 659-4750.

• June 9-10 — A one day fly fishing class will be held both Saturday and Sunday at the Proulx Lake Recreation Area in Milford. The class is sponsored by the Michigan Fly Fishing Club and will cover basic fly casting and techniques, knot tying

and information on reading the water. Class fee is \$45 per person and includes equipment, refreshments and lunch. For more information call 260-4097.

• June 9-10 — Free Fishing Weekend statewide.

### METROPARKS

• Nature's Nightlife, an opportunity to explore the mysteries of nature at twilight, will be offered at 7:30 p.m. Friday at Indian Springs.

• An Evening Sky Dancer, a program in which participants will study the antics of the American woodcock, will be offered at 7:30 p.m. Friday at Stony Creek.

• Spring Along the Trails, a naturalist-led walk searching for signs of spring, will be offered at 1 p.m. Saturday at Kensington.

• Sky Dancers, a program exploring the life of the American woodcock, will be offered at 7:30 p.m. Saturday at Indian Springs.

• Signs of Spring, a naturalist-led walk in search of signs of spring, will be offered at 1 p.m. Sunday at Indian Springs.

• Waders, Mud, Skinkers and Frogs, a program in which participants will discover life in a spring-

time pond, will be offered at 2 p.m. Sunday at Stony Creek.

• Dinosaur Days, an opportunity to learn about dinosaurs through slides, fossils and a discussion, will be offered at 2 p.m. Sunday at Kensington.

• Most Metropark programs are free but all require advanced registration and a vehicle entry permit. For more information call the Metroparks at the new toll-free number, 1-800-47-PARKS.

### OAKLAND COUNTY PARKS

• Amorous Amphibians, an opportunity to learn some fascinating facts about frogs during an evening walk, will be offered at 7:30 p.m. Saturday at Independence Oaks.

• A Bird in the Hand, an opportunity to learn about birds and to participate in a bird banding demonstration, will be offered at 8 a.m. Saturday, May 5, at Independence Oaks.

• Most Oakland County Parks programs require advanced registration. Call the Independence Oaks Nature Center at 625-6473 for more information.



### exercising options

**Myrna Partrich**

## Exercise can ease the hurt from heels

Dear Myrna: I'm a business woman who has to dress nicely every day. I always wear high heels. I've noticed my calves aren't as shapely as my friends who work out. I do like to run occasionally, but only occasionally. Can you give me some help to improve the shape of my calves?

You tell me you "always wear high heels!" Oh my aching legs and feet. I know high heels do make your legs look sexier, but the downside to these sexy shoes is that the Achilles tendon (below the calf muscle) shortens and becomes prone to injury. Not to mention the position of your lower back (arched) and those poor stressed feet. Walking in this position tends to create a muscle imbalance — your calf overpowering your shin muscle.

With correct exercise, you can improve your condition and create beautiful sexy legs. Building up your legs while neglecting the muscle in your shins can lead to muscle imbalance and injuries, such as shin splints. In addition to injury prevention, strengthening these muscles can improve your performance in various sports and activities. The muscles in your lower leg are vital to walking, running, climbing stairs, etc.

You must also work through the range of motion whether you are stretching or strengthening. Just for the record, you have two calf muscles. The gastrocnemius is the thinner, more visible muscle that gives your lower leg its shape, and the soleus is the larger muscle underneath it, which provides the bulk in the calf. The Achilles tendon attaches both the gastrocnemius and soleus to the heel.

There are some simple exercises that can be done at home to strengthen your shins. Daily for the first week sit with one leg out and pull your toes back toward you approximately 30 times. Repeat with the other leg.

Daily for the second week, stand with your weight forward and hands on your thighs, and with one leg at a time, lift and lower toes 20 times for each leg.

The daily exercise for the third week consists of standing on a step approximately two inches high and raising up on your toes for 10 seconds, then slowly bringing your heel down 10 more seconds to mid-air and holding another 10 seconds. Repeat the sequence 10 times.

If you are a slim person with fairly slim legs, you will see an improvement in around six weeks. Try to keep a pair of flat shoes in your car. It would help to change shoes whenever possible. Enjoy your new sexy legs!

## sports camps

Warm weather is approaching, and it is bringing a series of sports camps at Oakland University with it.

The first camps — swimming and boys basketball — begin June 17. Registration deadline for each camp is one week prior to its start. All camps are overnight, with campers staying in OU residence halls and receiving three meals daily in the cafeteria. Commuters will receive lunch and dinner.

A \$50 non-refundable deposit is required with all registration forms. Further information on any of the camps may be obtained by writing the Oakland University athletic department, Lepley Sports Center, Rochester 48309, or by calling 370-3190.

The following is an outline of the different camps offered.

### SWIMMING

For: Boys and girls, 9-18 years old (for those who have not finished their senior year in high school). Swimmers must be legal in all four competitive strokes (backstroke, breaststroke, butterfly and freestyle).

When: First session — June 17-22; second session — June 24-29.

Cost: \$250 for overnights, \$199 for commuters.

Staff: Directors — Pete Howland, OU men's swim coach, and Tracy Hult, OU's women's swim coach.

Facilities/camp features: Six-lane, 25-yard pool. The camp is designed for all levels of competitive swimmers, helping relate their skills through demonstrations, lectures, drills and evaluation, by using videotape.

### BOYS BASKETBALL

For: Boys, 8-18 years old.

When: First session — June 17-22; second session — June 24-29.

Cost: \$225 for overnights, \$180 for commuters.

Staff: Greg Kampe, OU men's basketball coach, will serve as director. Mark Coffman and Eric Stephan, OU assistant basketball coaches, and several OU players will be instructors.

Facilities/camp features: OU's gym; the school health center will be available, and a team trainer will be at every session, and the OU swimming pool. Detroit Pistons star Dennis Rodman will be guest speaker. The camp is designed to teach

basketball fundamentals and techniques, through team competition, contests and other fun activities.

### DIVING

For: Boys and girls, 9-18 years old, who are just learning to dive or experienced divers who wish to refine their diving mechanics. The camp is designed for 20 divers per session, with campers grouped according to age and skill levels.

When: First session — July 1-5 (commuters only); second session, advanced mini-camp — July 9-11 (commuters only); third session — July 15-19.

Cost: \$100 for advanced mini-camp (commuters only); \$200, commuters in other sessions; \$250, overnights (final session only).

Staff: Don Mason, OU's men's and women's diving coach, will serve as director. Nikki Kelsey, seven-time diving All-American while at OU, will be his assistant.

Facilities/camp features: OU's pool, which is furnished with one three-meter springboard and two one-meter springboards; and other equipment to help divers experience the most advanced technological developments in diving.

### GOLF

For: Boys and girls, 12-18 years old, wishing to develop a knowledge and understanding of golf fundamentals, including care of the course, rules of the game, and golf etiquette.

When: First session — July 8-12; second session — July 22-26.

Cost: \$295 for overnights, \$245 for commuters.

Staff: Bill Rogers, former teaching professional at Bloomfield Hills Country Club, will serve as director. He will be assisted by James O'Boat and Jim Findlay.

Facilities/camp features: Kalke-Cousins Golf Course, an 18-hole, par-72, 7,163-yard course. A special format has

been planned to work in orderly progression, from putting to driving. Individual instruction is stressed.

### SOCCER

For: Boys and girls, different sessions for different ages and skill levels.

When: Mini-camp session — July 9-13, 6-13 years old, 9:30 a.m.-1 p.m. (commuters only); intermediate session — July 15-19, 9-13 years old; advanced session — July 22-26, 14-18 years old; goal-keeper session — July 22-26, 14-17 years old; high school team camp — Aug. 10-12 (boys only), 14-18 years old.

Cost: Mini — \$75; intermediate — \$255 overnights, \$215 commuters; advanced — \$265 overnights, \$215 commuters; goalkeeper — \$275 overnights, \$225 commuters; high school — \$110 overnights, \$70 commuters.

Staff: Gary Parsons, OU soccer coach, is camp director and Tim Storch, Troy Athens soccer coach, is assistant director. Also several high school and college coaches will be on hand.

Facilities/camp features: OU's numerous soccer fields and all necessary equipment, and OU's swimming pool. The aim for all sessions is to improve players' skill level and physical capabilities, and to serve as a pre-season training program.

### BASKETBALL SHOOTING

For: Boys and girls, 7-18 years old, wishing to improve their shooting skills.

When: First session — July 16-20, 9 a.m.-noon; second session — July 16-20, 1-4 p.m.

Cost: \$75 (commuters only).

Staff: Greg Kampe, OU men's basketball coach, as director; several high school coaches and college players will assist.

Facilities/camp features: OU's gym; guest speaker will be Pat Miller, who served as Pistons Dennis Rodman's shooting coach. Program includes skill evaluation by the

staff, with use of videotape. Faults will be analyzed and improvements will be taught.

### GIRLS BASKETBALL

For: Girls, 10-17 years old, wanting to learn new skills, techniques and to develop on fundamentals necessary to become a high school varsity player.

When: Offensive session — July 27-Aug. 2.

Cost: Offensive skills — \$110 overnights, \$65 commuters; individual — \$225 overnights, \$175 commuters.

Staff: Bob Taylor, OU women's basketball coach, will serve as director. Shawn Clemens, OU assistant coach, and several high school coaches and college players will serve as instructors.

Facilities/camp features: OU's gym, health center on campus and swimming pool, and all necessary equipment.

### BASEBALL

For: Boys, 9-17 years old, wishing to improve their playing skills.

When: Aug. 5-9.

Cost: \$225 overnights, \$180 commuters.

Staff: Stan Sanders, camp director, and Joe Krutem, assistant.

Facilities/camp features: OU's baseball field and all necessary equipment. Campers will be allowed to leave for summer league night games if they desire.

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NOTICE REGARDING AVAILABILITY OF MERCHANDISE:  
Due to physical size, merchandise prices and quantities may be subject to change without notice. Please call for current prices. Items not necessarily available in all stores.

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