

OUTDOORS CALENDAR

ARCHERY

DETROIT ARCHERS
Detroit Archers will hold a bowhunter 3D shoot beginning at 9 a.m. Sunday, June 25, on its walk-through range in West Bloomfield, (810) 661-9610.

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 at 7:30 p.m. on 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, 420-2965.

IMPORTANT DATES

BASS/BAUSKIE
Bass and muskellunge season opens Saturday on Lake St. Clair and the St. Clair and Detroit rivers.

BEAR
June 30 is the deadline to apply for a fall bear hunting license.

STURGEON
Lake sturgeon season opens July 1 on the Great Lakes and connecting waters.

CLASSES

FLY FISHING CONCLAVE
The public is invited to join the Great Lakes Council of the Federation of Fly Fishers in its 17th annual Fly Fishing Conclave, Friday through Sunday at the McMullen Conference Center on Higgins Lake. The conclave will include speakers, demonstrations and workshops for beginner through advanced fly fishers, as well as a youth program, an auction and raffles. Lodging and meals are available at the center and there are camping facilities at Higgins Lake State Park. For more information, call Jim Schramm at (616) 869-5487.

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, 1-800-477-7766; Indian Springs, 1-800-477-3192; Kensington, 1-800-477-3178.

NATURE PROGRAM

A half-hour nature program for children will be held at 1 p.m. each Sunday during June, July and August in the Tot Lot at Indian Springs.

ROSCO AND HOTDOGS

Attend a hotdog roast with Rosco the Clown and enjoy magic, jokes and balloon animals during this program, which begins at 7 p.m. Friday at Stony Creek.

COMPOST HAPPENS

A one-hour program in which participants will learn to make a compost pit begins at 10 a.m. Saturday at Kensington.

YOUTH NATURALISTS

A short slide program followed by a chance to build a bat house to take home will be offered in this program for ages 10-13, which begins at 11 a.m. Saturday at Stony Creek.

TURTLE TALK

Snapping, soft shelled, spotted and other turtles commonly found in Michigan will be the topic of this program, which begins at 1 p.m. Saturday at Indian Springs.

SLOPPING THE HOGS

A chance for ages five and older to help feed and water the farm animals begins at 3 p.m. Saturday at the Kensington Farm Center.

FATHER'S DAY CANOE

Celebrate Father's Day with a fun-filled, yet educational ride on the 34-foot Voyageur canoe to view wildlife and take a glimpse into Michigan's past during this program, which begins at 10 a.m. Sunday at Stony Creek.

DINOSAUR DAY

Slides, fossils, models, stories and hands-on activities will be used to learn about dinosaurs in this program, which begins at noon Sunday at Kensington.

FIELDS OF FLOWERS

A walk to learn the origins of summer wild flowers begins at 2 p.m. Sunday at Stony Creek.

POND LIFE

Discover the aquatic life in a pond during this program, which begins at 2 p.m. Sunday at Indian Springs.

SUMMER SOLSTICE

A naturalist-led hike on the longest day of the year to search for some of the sights and sounds of summer begins at 8 p.m. Wednesday at Stony Creek.

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.

BATS, BUTTERFLIES AND BLOSSOM BIRDS

Learn about bats, butterflies and hummingbirds in this program, which begins at 1 p.m. Saturday at Independence Oaks.

SUPER NATURAL SATURDAY

Learn some of the "strange" mysteries in this astronomical program, which begins at 1:30 p.m. Saturday, June 24, at Independence Oaks.

STATE PARKS

STATE PARK REQUIREMENTS
Maybury State Park is offering nature interpretive programs throughout the summer. The park is located on Eight Mile Road, one mile west of Beck, in Northville Twp. A state park motor vehicle permit is required for entry into the park, (810) 349-8390.

NIGHT HIKE

A naturalist-led evening nature hike begins at 8:30 p.m. Friday at Maybury State Park.

Son takes turkey, not dad



BILL PARKER

It was a clear cut case of the student teaching the teacher.

Will Walker, a 14-year-old Bloomfield Hills resident, applied for his first turkey permit this spring on the buddy system with his father Bill. An accomplished hunter and angler, Bill had hopes of giving his son the tricks of the trade.

After hooking up with his friend, Keith Huff, the trio headed into the turkey woods near Gaylord.

On the first morning of their hunt, Bill called a Jake in and Will made the most of his first opportunity and filled his permit.

With a calm, steady aim Will dropped the Jake with a 40-yard shot from his Youth Model Remington 1100 20 GA.

The following day, Huff worked another Jake into range, but Bill's shot, "which was actually closer than Willie's" sailed high and the startled turkey trotted off unscathed.

Maybe the next year, with a little coaxing, of course, young Will can take Bill along with him and show his father some of the tricks of the trade.

Pontiac Open winners

Walled Lake's Chuck Bakingham wasted little time taking advantage of some early-season bass fishing success. Teamed with Jerry Doucette of Waterford, the two fished their way to the champion-

ship of the Oakland Bass Masters 1995 Pontiac Open, May 28th on Pontiac Lake.

Using deep-water presentations of Pig-N-Jigs and soft plastic worms the duo weighed-in an eight-fish crew that tipped the scale at 25.04 pounds. There were 50 boats entered in the tournament and the Baughman/Doucette team won by better than 12 pounds. Second place went to Pat Robbins, of Waterford, and Marty Frey, of Tecumseh, for eight fish weighing 13.02 pounds.

Rochester's Robert Baumann and Clarkston's Lance Lester placed third with five fish weighing 11.82 pounds. They were followed by John Pearce (Bloomfield Hills) and Mike Grant (Royal Oak) with three fish weighing 8.34 pounds; Randy McKinley (Southfield) and John Lasowski (Farmington) with four fish weighing 8.14 pounds; Don Aubry (White Lake) and Ron Dautremont (Clarkston) with four fish weighing 7.57 pounds; Ralph Monko (Livonia) and Tony Nordman (Waterford) with four fish weighing 6.75 pounds; Leo Favaro (Redford) and Louis Pavaro (Redford) with three fish weighing 6.47 pounds; and John Sparkman (Livonia) and Dave Green (Detroit) with three fish weighing 6.47 pounds.

Oakland Bass Masters will hold an open tournament on Sunday, July 23rd, beginning at 6 a.m. on Lake St. Clair. For more information or to register call Roy Randolph (810) 642-5254.

Fishing clinics offered

With over 11,000 inland lakes, 36,350 miles of rivers and streams and better than 3,000 miles of

Great Lakes shoreline, Michigan offers anglers a vast array of fishing opportunities. Those interested in learning more about the sport can get all the latest information at a summer-long series of DNR-sponsored "Take A Friend Fishing" clinics. The clinics include weekday and weekend sessions at several state parks across southern Michigan.

Weekday clinics started this week and run through Aug. 18. Weekday sessions begin at 6:30 p.m. each day. Weekday clinics will be held Mondays at Maybury State Park in Northville, (810) 349-8390; Tuesdays at Pontiac Lake Recreation Area in Waterford, (810) 666-1020; Wednesdays at Island Lake Recreation Area in Brighton, (810) 229-7067; Thursdays at Seven Lakes State Park in Fenton, (810) 634-7271; and Fridays at Proud Lake Recreation Area in Milford, (810) 685-2433.

The DNR is also offering eight weekend-long fishing clinics, which will include advanced instruction and hands-on experience. The weekend clinics will begin Fridays at 8 p.m. and end Sundays at noon. The closest weekend clinic to the O&E area is scheduled for July 28-30 at Seven Lakes State Park in Fenton, (810) 634-8811. For a complete list of upcoming clinics contact the DNR's Livonia office at (313) 953-0241.

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.

Achilles injury quite common



MYRNA PARTRICH

As I was running across the tennis court, it felt like someone hit the back of my leg just above my heel. Wow! I could even hear the pop. The immediate pain told me I had a bad problem — Achilles tendon rupture. Is this common?

This is not an uncommon injury for a tennis player over 30 years old. Tennis is a stop-start activity — sudden acceleration/deceleration and changing direction frequently will cause this tendon tear. Racquetball is a killer and skiing, basketball and football are sports where this injury is most common.

Men more frequently are injured. Ruptures can happen to runners, but are more likely to be a flexibility problem than an age problem. Achilles tendon problems generally come from overloading or overusing.

Overloading means there is some extrinsic factor that concentrates the stress on the area. This can come from incorrect technique or improper training. Overuse means there is no one factor that can be corrected. The area is just overused.

The bottom line for prevention is to warm up properly before your activity. After warming up with a march, spend a few minutes stretching all areas of the leg holding each stretch at least 30 seconds. If your lower leg starts to get sore during the activity, you must stop and ice it.

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