

outdoors calendar

IMPORTANT DATES AND EVENTS

- May 26 — Bass season opens statewide. (Except on Lake St. Clair and the St. Clair and Detroit rivers where the season opens June 16.)
- June 3 — Riverbend Sports Shop in Southfield will conduct a fly fishing class. Course fee is \$90 and includes equipment and lunch. Additional classes will be held June 10 and July 15 and 22. Each class is limited to 12 students. Call 550-8494 for more information.
- June 9-10 — Free Fishing Weekend statewide.
- 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 fishing 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 550-4097.
- June 9-10 — Lakeside Fishing Shops will hold a "Big Fish Contest" in conjunction with Free Fishing Days. The three heaviest walleye and perch registered at the Lakeside Fishing Shop in either Farmington or St. Clair Shores will win a cash prize. For more information and tournament rules call 473-2030.
- June 16 — Bass season opens on Lake St. Clair and the St. Clair and Detroit rivers.
- June 17 — The Western Wayne County Conservation Association will hold a 3-D archery shoot at its walk-through range in Plymouth. The shoot is open to the public and archers may use their own equipment or make arrangements with the WCCA staff to try out a bow. Call 453-9843 during business hours or 525-1358 evenings for more information.

METROPARKS

- Night Watch, a naturalist-led walk through the woods, will be offered at 6:30 p.m. Sunday, June 1, at Indian Springs.
- Saturday Morning Staff, a monthly program for children ages

- 6-10 will be held at 10 a.m. Saturday, June 2, at Stony Creek. This month's program will include a "discovery walk" so children should dress for the outdoors.
- Kid Staff, a nature program for children ages 6-10 in which participants will learn about life in their soil, will be offered at 10 a.m. Saturday, June 2, at Indian Springs.
- Meet Smokey the Bear, an opportunity for children and their parents to meet Smokey the Bear, participate in a hike and see a film about the famous fire-fighting bear, will be offered at 1 p.m. Saturday, June 2, at Indian Springs.
- Tots & Things, a nature program for children ages 3 to 5 which includes a short walk, will be offered at 11 a.m. Sunday, June 3, at Stony Creek.
- Spring Into Summer, a naturalist-led walk in which participants can enjoy the wonders of nature, will be offered at 2 p.m. Sunday, June 3, at Kensington.
- Most Metropark programs are free but all require advanced registration and a vehicle entry permit. For more information call the

Metroparks at 1-800-47-PARKS. OAKLAND COUNTY PARKS

- Taxidermy Primer, a nature program in which participants can learn about taxidermy, will be offered at 10 a.m. Saturday, June 2, at Independence Oaks.
- Michigan Has Great Lakes, a nature program in which participants will learn facts about Michigan's water resources while canoeing in Crooked Lake, will be offered at 7 p.m. Saturday, June 9, at Independence Oaks.
- Michael Owen will portray life in Michigan lumber camp of the 1870s, Sunday, June 17, from 2-3 p.m. at Independence Oaks Nature Center. With the help of a fiddle, concertina, bones, limbertoy, button accordion and hammered dulcimer, Owen will share songs and stories about those days of the white pine.
- Most Oakland County Parks programs require advanced registration. Call the Independence Oaks Nature Center at 555-6473 for more information.

outdoor sports

BEAR QUOTAS

Bear hunting applications will be available beginning May 27, and hunters have until June 27 to apply for one of the 4,191 permits available for the 1990 fall hunting season. The quota is expected to allow one in every three hunters who apply to receive a permit. The Department of Natural Resources estimates that between 800 and 1,100 bear will be taken during the fall hunt which begins Sept. 10.

The bear hunting season in the 17 island units in the Upper Peninsula will be split into two overlapping periods of equal length: Sept. 10 to Oct. 16 and Sept. 15 to Oct. 21. Several seasons will not be split.

SILVER SPOONS

Silver Streak trolling spoons, manufactured by Wolverine Tackle Co. in Orchard Lake, outlived the competition in the 1989 Michigan Department of Natural Resources Master Angler Award program for six

species of trout and salmon.

Twenty-one of the biggest king, coho, and Atlantic salmon and steelhead, brown and lake trout were caught on Silver Streak trolling spoons including the biggest fish in two of the six categories. Silver Streak spoons fished a 34-pound, 7-ounce king salmon on July 18 in Lake Michigan as well as a 24-pound, 6-ounce brown trout on August 25, also in Lake Michigan.

Overall, 250 fish met the minimum requirement for Master Angler certification in 1989.

For information on Silver Streak Trolling Spoons, call 682-3388.

ACCIDENTS DECLINE

According to the latest available

figures from the Hunter Education Association (HEA) hunting fatalities dropped nearly 25 percent from 1987 to 1988. There were upwards of 25 million licensed hunters across the nation in 1988 and 161 fatalities.

According to the National Shooting Sports Foundation, accidental firearms fatalities have declined more than 50 percent during the last 20 years. The Foundation attributes much of that decline to hunter safety programs which are now offered in all 50 states.

Michigan ranked first in 1987 with 1,500,000 hunting licenses issued, but ranked ninth in fatalities with 10. In 1988 Michigan again ranked first in licenses issued at 1,500,000, but dropped to 18th in fatalities with four.

OU sports

What's bad news for Oakland Community College's women's basketball team is good news to others. What's bad for the Lady Raiders is the realization that they will have to rebuild their team. Their starting line is gone.

That's good news for others, in particular Austin Peay University, in Clarksville, Tenn., which signed two of OCC's starters.

Chen Fritts, from West Bloomfield High School, was a 5-foot-10-inch guard who led OCC in rebounding (10.1) and was second on the team in scoring

(16.5). Her versatility has impressed Austin Peay's coaches; she will fill in at guard and forward.

Clare Coyle, from Rochester High School, is a 6-foot power forward with quickness. She topped the Lady Raiders in steals (78) while averaging 10 points and 8.7 boards a game. Her quickness and defensive ability should be an asset to Austin Peay.

A third member of OCC's team, 6-1 center Bonnie Kittle, is headed for the University of South Alabama. Kittle averaged 9.4 points and 8.9 rebounds a game for OCC.

Two other Lady Raider starters, point guard Alice Williams and shooting guard Stephanie Niebauer, are still considering their options.

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exercising options

Myrna Partrich

Stair climbing step in right direction

Dear Myrna: My husband just bought a step machine for us to use. I really prefer an exercise class, but I feel I must use this machine. Are these machines good and are they considered aerobic?

Yes — stair climbing by machine is considered aerobic as long as you work continuously for at least 25 minutes at your target heart rate.

These machines are interesting inventions. The stair climbing machines have steps that work against hydraulic resistance. Similar to a treadmill, the step falls as your weight activates it. A ladder-like climber lets you step with your left leg and pull with your right arm at the same time and vice versa against resistance provided by your body weight.

YOU HAVEN'T indicated to me what kind of machine you have. Some are more effective than others, although all of them are effective calorie burners and give you an aerobic training effect, too.

Several of these machines don't give you a sensation of climbing stairs, but feel like riding a bike by standing on the pedals instead of sitting on the saddle. The resistance can be increased on most machines to raise the intensity of your workout.

Stair climbing can be an effective part of an exercise program. This is why my studio is now starting a new class called stepping. If you already prefer a class format and like climbing stairs, it adds a perfect variety to your aerobic workout.

STEPPING (I call it), whether it be a machine or incorporated in an exercise class, is a nice change. You don't have to be coordinated. You can be a beginner — the intensity can be adjusted.

Being on the President's Council on Physical Fitness, I had a once-in-a-lifetime chance to teach aerobics at the Great American Workout, May 1 on the south lawn of the White House.

We had 15 sports stations headed by sports stars and Olympic gold medalists. To my surprise, the station next to mine (aerobic dance) was called stepping aerobics. I think that says a mouthful.

Happy stepping to you!

(Myrna Partrich, co-owner of The Workout Company Inc. of Bloomfield Township and a recent appointee of the President's Council on Physical Fitness, is happy to answer any questions readers may have regarding exercise. Please send your letters to: Sports Department, Myrna Partrich, 805 East Maple, Birmingham 48009.)

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