

Hunters help feed hungry

exercising options
Myrna Partrich
Strong knees a must for running, walking

Dear Myrna: I am an overweight runner having problems with my knees. My doctor has given me the okay to run. How can I strengthen my knees so I don't have to stop?

I am hoping that you are not more than 10 to 15 pounds overweight. Being an overweight runner can be very tough on your knees. Are you running outside? If so, never, never run downhill — the pressure of being overweight added to the pressure of normal body weight on your knees every time you take a step is enormous.

In order to strengthen your knees, you must strengthen the quadriceps muscles (thigh muscles). Let me prepare you properly in order to focus in on the action of strengthening you are about to do.

Extend your right leg out in front of you with your right foot resting on the floor. Watch your thigh as you straighten your leg, stiffening it. The thigh muscle that moves and pulls up the kneecap and the muscles that run along the front of the skin are the target areas for these strengthening exercises I am about to give you.

- Sit on the floor with your back against the wall. Lift your right leg fully extended in front of you, just off the floor a few inches. Keep the leg raised, move the leg back and forth slowly, left to right. Repeat five times and return it back to the center, slowly letting it down. Start five to 10 times on right leg. Repeat with left leg.

- Sit on a secure, upright chair and fully support your upper thigh with your legs hanging down comfortably. Flex your right foot at the ankle, pulling your toes up towards your knee. Hold this position and count to 10. Relax and slowly let your leg and foot hang free. Repeat each side 10 times. As this gets too easy, start with a three-pounder.

As you strengthen your quads and tibialis muscles, why not try speed walking. Walk as fast as you can, bending your knees slightly. My children would say, "book it, honey." Remember, never do anything that hurts. Listen to your body because it has a mind, too.

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

ONCE THE sly aroma of a simmering pot of venison chili is complete — with fresh onion and peppers, tender tomatoes and lean, ground venison — permeates the air, my taste buds won't be quenched until an empty bowl rests on the dinner table in front of me.

One of my all-time favorites, though, is a thick, juicy venison burger, grilled to perfection on the backyard barbecue and topped with mozzarella cheese and all my favorite condiments.

Ask any hunter and he'll undoubtedly tell you that the enjoyment of consuming last fall's harvest is a big part of the success of hunt.

Hunters can now share that enjoyment with Michigan's less fortunate, needy people through a statewide wild game donation program.

The plight of the needy receives enormous attention during the holiday season, but the problem does not go away through the spring, summer and fall. If anything, it's compounded because of lack of public attention.

MICHIGAN UNITED CONSERVATION Clubs, the Safari Club International and the Salvation Army have teamed up in an effort to help feed the needy through the Michigan Sportsmen Against Hunger campaign.

Beginning Friday, Salvation Army Community Corps Centers throughout Michigan will accept donations of wild game that has been processed by a licensed butcher.

In the initial stage of the program, the Salvation Army is asking for ground venison, because it's easy to prepare and people can use it any way they use hamburger.

The state Legislature passed a law during its last session to allow for the donations.

It's a law that has been long over-

outdoors
Bill Parker

Michigan outdoorsmen fortunate enough to harvest wild game should pass on a portion of their harvest to those less fortunate than themselves. Hunters and anglers often boast of their generosity. Well, now is the time to stand up or shut up. Make that generosity count.

MUCC and the Safari Club International were the spearheads in getting the law changed," said Barbara Anderson, public affairs director of MUCC. "Previously, the law didn't allow for wild game donations, but late last session (the law) was changed."

"Hunters are aware of the needy in the community and want to show that they are willing to share with the needy."

THE GOAL IS simple — help feed Michigan's hungry with a healthy, nutritious, available and economical food source. In the process, hunters will present the beneficial side of hunting and show their commitment to helping the needy. The program should also go a long way in stretching the tight food budget of the Salvation Army.

"We're happy to share our success with the less fortunate," said MUCC Executive Director Thomas Washington. "Michigan has more than one million people who participate in the hunting sport each year, and as a hunter, I'm proud to see this meat helping to feed the hungry in our state."

Donations will be accepted throughout the year at area Salva-

• closes utility rights-of-way to ORV use.
 • NO FREE FIREWOOD

'We're happy to share our success with the less fortunate.'

— Thomas Washington
 MUCC executive director

tion Army Community Corps Centers, including those in: Plymouth, 9451 South Main St., 453-5464; Westland, 2363 Venoy, 722-3660; Farmington Hills, 27500 Shawwassee, 477-1153; Southfield, 16130 Northland Dr., 443-5500; Royal Oak, 3015 North Main St., 585-5600; and Pontiac, 34 Oakland Ave., 334-2407.

• ORVS RESTRICTED

Off-road-vehicle users must stay designated roads and trails in Michigan following a compromise move by the legislature in its last session.

The bill, sponsored by Rep. Tom Alley, D-West Branch, received bipartisan support in both the House (94-8) and Senate (35-1).

The bill is a reasonable compromise that allows for continued use of ORVs while affording the state greater land protection. It will have significant environmental impact as it:

- allows ORV use only on specified roads, trails and scramble areas;
- provides for grant dollars to build additional trails.

The Department of Natural Resources has revised its forest management policy on issuing firewood permits from state forest land.

The DNR will no longer issue free firewood permits due to increases in wood market value and as well as reduced availability and DNR service capability.

The permits, allowing for the taking of up to five standard cords of wood, will cost \$20. The DNR will attempt to accommodate those who are partially or totally dependent on wood for heating their houses.

The cost permits will only be issued April 1 to Sept. 30, and be valid for up to 90 days. Taking of wood will be restricted to DNR designated areas where a sufficient supply is known to exist. Firewood collected must be from downed or designated trees only and must be for personal use, not to be resold or traded.

• PARK REMAINS OPEN

Oakland County's undeveloped Orion Oaks park will remain open to archery-only deer hunting for the 1991 deer season.

A hunting area control committee found there was not a safety problem to warrant closing the park to all hunting. Hunters will find tougher restriction, however, regarding safety zones, especially along the northern boundary with Webber School property.

Hunters and anglers are urged to report their success. Questions and comments are also encouraged. Send questions to: Outdoors, 805 E. Maple, Birmingham, 48009, or call Bill Parker Monday evenings, 6-10 p.m. at 644-1101.)

camps

LUTHERAN NORTHWEST: Rochester Hills Lutheran Northwest will host the Crusader Camp from June 17-28. The boys camp will be held June 17-21 and the girls will be June 24-28. The camps begin Monday morning at 9 a.m. Pre-registration is \$50. Among the features will be videotape analysis and free Gate-ride. Camp director is Tim Lochard, head varsity coach at Lutheran Northwest for the past four years.

BIRMINGHAM BROTHER RICE: Brother Rice will hold a summer basketball camp with special emphasis on fundamentals and skill development. The camps will be from June 17 to July 3. Session I is for boys entering grades 10-12. Session II for boys entering grades 5-7, and Session III for boys entering grades 8-9. The cost is \$125 per student for 13 sessions. Camp director is Brother Rice head coach Frank Carrio who has 20 years of coaching experience. For more information, call 445-2526.

BIRMINGHAM MAHAN: A basketball camp for ninth grade girls will be held from 9 a.m. to noon, June 17-21. A basketball camp for seventh and eighth grade girls will be held at Marian from 9 a.m. to

noon, July 8-12. A camp for fourth through sixth grade girls will be held 1-4 p.m., July 8-12. For more information, call 644-1954 or 326-0945.

OAKLAND UNIVERSITY: Basketball camps will be held for boys 9-13 years old from June 16-20, June 23-27, June 28-30 and July 12-14. The latter two sessions are team camps.

Basketball shooting camps for 7-18 year-olds will be held from July 22-26. There will be a morning and an afternoon camp. Swimming camps for 9-18 year-olds will be held June 16-21 and June 23-28. Diving camps for 9-18 year-olds will be held June 30-July 4, July 8-10 and July 14-18. The July 8-10 session will be a day camp only. Golf camps for boys 12-18 year-olds will be held from June 16-20 and June 23-27. Volleyball camps will be held from July 7-11 and July 14-18. A half-day soccer camp for 6-13 year-olds will be held from July 8-12. An intermediate soccer camp for 9-13 year-olds will be held from July 14-18. An advanced soccer camp for 14-17 year-olds will be held from July 21-25. A goalkeeper camp for 14-17 year-olds will also be held from July 21-25. A day soccer camp for 6-13 year-olds will be held from July 29-August 2. A team soccer camp will be held from August 9-11.

outdoors calendar

IMPORTANT DATES AND EVENTS

- May 11 - Jack Leverenz Sailing School begins on Lake St. Clair. Call 886-7887 for more information.
- May 19 - Western Wayne County Conservation Association will hold a 3-D archery shoot beginning at 10 a.m. on its walk-through range in Plymouth Township. Call 453-9843, 10 a.m. to 5:45 p.m. daily or 455-0887 evenings for more information.
- May 17 - Regular camping season begins at the Oakland County Parks. Call 693-2131 for more information.
- May 17-19 - Steelheader's Fishing Tournament will be held in South Haven. Call 936-657-5171 for more information.
- May 18 - Crappathon Classic Qualifying Tournament will be held on Houghton Lake. Call 960-292-9971 for more information.
- May 18-19 - Spoon Tournament will be held in Mamsee. Call 616-889-2461 for more information.
- May 21 - A scuba and snorkeling class begins at 7 p.m. at Bloomfield Hills Andover High School. Call 433-0885 for more information.
- May 25 - Bass season opens on inland lakes statewide.
- May 25-26 - Seventh Annual Michigan Great Lakes Wildlife Festival will be held in Clare. Call 617-356-7492 for more information.
- May 26 - Spring wild turkey season ends.
- May 26 - Holloway Classic Bass Tournament will be held in Davison. Call 664-7221 for more information.
- June 5 - Monthly meeting of the family-oriented Four Seasons Fishing Club begins at 7:30 p.m. at the Maplewood Center in Garden City. Call Tony Brohier at 447-3816 for more information.
- June 2-9 - Michigan Free Fishing Weekend.
- June 16 - Western Wayne County Conservation Association will hold a 3-D archery shoot at 10 a.m. on its walk-through range in Plymouth Township. Call 453-9843, 10 a.m. to 5:45 p.m. daily or 425-0887 evenings for more information.
- June 22 - Bass season opens on the Detroit and St. Clair rivers and Lake St. Clair.
- June 30 - Motor City Charity Bass Classic Tournament will be held on Lake St. Clair. Call 949-0151 for more information.

trial will be held in Clare. Call 617-356-7492 for more information.

- MARCH: A Special Habitat: a nature hike in which participants will explore the animals and plants in a marsh, begins 11 a.m. Saturday, May 18, at Kensington.
- Spring Along the Trails, a naturalist-led walk in which participants can enjoy springtime activities, begins 1:30 p.m. Saturday, May 18, at Kensington.
- Pioneer Chores, a program that includes making rope, sawing firewood and playing with pioneer toys,

begins 1 p.m. Sunday, May 19, at Kensington.

- Our Bloomers are Showing, a naturalist-led hike to explore woodland wildflowers, begins 2 p.m. Sunday, May 19, at Stony Creek.
- What's in a Name, a nature hike in which participants will learn the origin of wildflower nicknames and folklore, begins 2 p.m. Sunday, May 19, at Indian Springs.
- Most Methpark programs are free, but some have a nominal charge. Advance registration and a vehicle entry permit are required. For more information, call 1-800-234-6534.

OAKLAND COUNTY PARKS

- Flower Power, a nature program in which participants will learn to identify wildflowers, begins 10 a.m. Saturday at Independence Oaks.
- Celebrate Michigan, a program of slides, stories and songs around a campfire, begins 7 p.m. Saturday, June 1, at Independence Oaks.

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