outdoors calendar

IMPORTANT DATES AND EVENTS

• Through April 25 — National Wildlife Week.

• April 25 — Romulus Metro Archery is offering free indoor archery instruction for youths under the age of 16 beginning at 9 a.m. There is a $2 range fee and pre registration is recommended. The program will be offered every Saturday morning. Call 941-9486 for more information.

• Through Aug. 15 — Romulus Metro Archery is sponsoring a statewide bowfishing carp shoot. Call 941-9486 for more information.

• April 25 — Trout season opens statewide on designated trout streams and lakes.

• April 25 — Walleye, sauger, pike and muskie season opens on inland lakes.

• April 26 — Michigan Nature Association will offer four guided tours of the Timberland Swamp Nature Sanctuary in Springfield Twp., 12 miles northwest of Pontiac. Mary Lou Williams of Rochester Hills, Walt Kummer of Bloomfield Hills and Lisa Oldfield of Milford will lead the tours, which begin at 1 p.m. Additional tours are scheduled at 5:30 p.m. on April 30, May 5 and May 13. Call 324-2345 for more information.

• April 27 — Award-winning wildlife photographer Janet Has will present a slide presentation on Michigan wildlife beginning at 7 p.m. at the Detroit Audubon Society in Royal Oak. Call the DAS at 545-2929 for more information.

• May 2-3 — A Youth Shoot will be held in the Detroit Archers Clubhouse in West Bloomfield. Competition is open to all archers under age 17. Shoots will begin 9 a.m., 1 p.m. and 5 p.m. Saturday and 9 a.m. and 1 p.m. Sunday. Registration fee is $3 and advance registration is required. Call Todd Coe, 669-9571, for more information. Detroit Archers Clubhouse is on Drake, between Maple and Walnut Lake roads.

• May 2 — River Crab Salmon Stakes, an open salmon fishing tournament held annually to raise money to benefit child abuse/neglect programs in Michigan, will be at Chuck Muer's River Crab Restaurant in St. Clair. Prizes, including a trip for two to Hawaii, will be raffled off. Raffle/entry tickets are $10 each and available at Chuck Muer restaurants including Charley's Crab in Troy, Fals in West Bloomfield, Johnny Magnum's in Farmington Hills and Meriwether's in Southfield or by calling 1-800-468-3727. The tickets may also be used as a $10 credit on dinner for two at any Chuck Muer restaurant statewide.

• May 5 — Romeo B.A.S.S. Busters will hold its monthly meeting 7 p.m. at the Romeo Community Youth and Civic Center. New members are welcome. Call 286-6469 for more information.

• May 5 — A hunters' safety class begins 6 p.m. at the Multi Lakes Conservation Association in Walled Lake. Call 363-2294 for more information.

• May 7 — A six-week course on basic muzzleloading shotgun shooting begins 7 p.m. at the Western Wayne County Conservation Association. The course is open to the public and certificates of completion will be given to each participant. Call 532-0285 for more information.

• May 16-17 — Fly Fishing For Beginners, a class covering fly fishing tackle, fly casting and fly tying, begins at 9 a.m. each day at the Waterford Nature Center. The class, which includes lunch, refreshments and all the necessary equipment, is offered by the Michigan Fly Fishing Club. Cost is $45 and preregistration is required. Call Fred Field at 421-3066 for more information.

• May 17 — Royal Oak Archers will hold a 3D shoot beginning at 8 a.m. on its walk-through range in Lake Orion. Call 693-9799 or 693-1369 for more information.

• May 23-24 — The eighth annual Wildlife Art Festival will be held in Clare. Call (517) 386-2442 for more information.

• May 23 — Bass season opens statewide.

METROPARKS

• Kid's Spring Break Special, a program for 10- to 12-year-olds in which participants will learn the pioneer skills of candle dipping, rope making and paper making, begins 1 p.m. today at Indian Springs.

• Frog Pond, a chance for children ages 6-12 to learn about the creatures in a spring pond, begins at 1 p.m. today at Stony Creek.

• Wildlife Week Walk, a series of walks in which various aspects of the endangered species situation will be discussed, will be held today and Friday beginning at 2 p.m. each day at Kensington.

• Night Beasts, a look at creatures that call the night their day, begins at 8 p.m. Saturday at Indian Springs.

• Endangered Species Day, a festival of programs celebrating the final day of National Wildlife Week, begins at 10 a.m. Saturday at Kensington.

• An Adult Night Owl, a campfire program including songs, stories and marshmallows for people 16 years and older, begins at 7:30 p.m. Saturday at Stony Creek.

• Owl Day with Owl and Friends, a nature program exploring the life of the owl, begins at 1 p.m. Saturday at Stony Creek.

• Gypsy Moths in Oakland County, a program in which participants will learn to identify the Gypsy Moth and what measures can be used to protect trees, begins at 1 p.m. Sunday at Indian Springs.

• Get Ready for Bluebirds, an opportunity to see bluebirds in the field while discovering the wide variety of houses people can make to attract these beautiful songbirds, begins at 2 p.m. Sunday at Stony Creek.

• A Walk on the Wildside, a nature hike in which participants will learn simple identification of wildflowers, begins at 2 p.m. Sunday, May 3, at Independence Oaks.

• Most Metropark programs are free, while some require a nominal charge. Advance registration is required. A motor vehicle permit is required. Call 1-800-47-PARKS for registration information.

OAKLAND COUNTY PARKS

• Meet the Stars, a program in which junior naturalists ages 9-13 will explore astronomy through games, crafts and more, begins 1:30 p.m. Wednesday and Thursday, April 22-23, at Independence Oaks. Price is $6 per person and participants may attend one or both sessions.

• Earth Fair, a program in which environmental groups will share their information about the Earth, begins 10 a.m. Saturday, April 25, at Independence Oaks. Hands-on activities, free seedlings and entertainment will be featured.

• Mini Gardens, a program in which adults will learn the basics of container gardening, begins 7 p.m. Wednesday, April 29, at Independence Oaks.

• Advance registration is required for all Oakland County Park programs and early registration is recommended. A motor vehicle permit is also required. Call the Independence Oaks Nature Center, 625-6473, for more information or to register.

Shots set for Utley fund

Hunters and shooting sport enthusiasts can have fun while supporting a worthy cause. Ford Division and the Hunter's Ridge Hunt Club & Sporting Clays will sponsor the Mike Utley Fundraiser Shoot Saturday, May 2, at Hunter's Ridge in Oxford. The hunt club will donate all profits from entry fees to the Mike Utley Foundation.

Utley, an offensive lineman for the Detroit Lions, sustained a severe neck injury during a game last season and was forced to retire. His injury has caused permanent paralysis from the neck down. The Mike Utley Foundation was established in December 1991 to assist research efforts for finding a cure for paralysis.

The May 2 shoot is open to the public. Entry fee is $17 for 50 targets and shooters must supply their own shells. Reservations are required and may be made by calling Hunter's Ridge, 628-4668.

Sporting Clays is a game in which clay targets of various shapes and sizes are thrown to simulate a variety of bird and animal behaviors in actual hunting conditions. Shooters walk through a wooded course of shooting stations and strive to break as many targets as possible.

Prize money will be awarded to the top six shooters. Additional prizes, including an original oil painting by David Bollman of Southpaw Studios, will be raffled.

Elias Brothers Big Boy will provide the food concession and will donate a percentage of the proceeds to the Mike Utley Foundation. Winchester will also be on hand with a new five-stand sporting clays truck for shooting and viewing.

exercising options

Myrna Partrich

Step up to a type of low-impact class

Dear Myrna: I've been told to try step aerobics. Am I going to get the same workout as low-impact aerobics? Is it at all a harmful aerobics activity? Do you have step aerobics in your studio?

Lots of good questions.

I'll start by describing step aerobics. Yes, it does have a format similar to low-impact aerobics.

It begins with a warm-up, including a stretch (approximately 10 minutes), continues with step aerobics using hand weights at times (depending on the type of class) then a cool-down step section including low-impacts, and ends with stretch training and stretching (again depending on the type of class).

The participant steps on and off a small platform rhythmically in a variation of moves.

People like step class because it's an intense workout. It is very controlled and safe. The basic leg movements are similar to a plain climbing machine.

Lower-body muscles, quadriceps, hamstrings, gluteals and abdominals are used to elevate your heart rate to the target range you need.

Studies show stepping can be the same as running seven miles per hour without the jarring on your skeletal system. The impact of each step is very soft, probably as low as walking. Stepping is a very safe aerobic activity.

I recommend it highly. In fact, I love teaching it.

We have many step classes in our studio. We offer a variety, Step Fat Burner, Step with Muscle, Step & Stretch and Step N-Low.

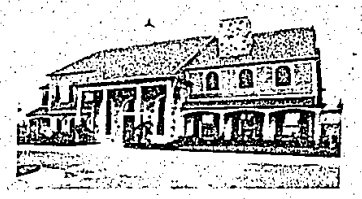
Many other clubs around town offer step aerobics. Check it out.

(Myrna Partrich, co-owner of The Fitness Company in Bloomfield Township and a member of the Resident's Council on Physical Fitness, is happy to answer any questions readers may have regarding exercise. Please send your questions to: Sports Department, Myrna Partrich, 605 E. Maple, Birmingham, 48009.)

Rec Diving's 17th Annual
SUPER SCUBA SALE
Often Imitated
Never Duplicated
Guaranteed Lowest PRICES
Saturday, April 25
Noon-5
Sunday, April 26
Noon-4
80 cf Tank w/K valve 99.95
Full Wet Suits from 99.95
Everything is on sale. Save 10-50%
Much, Much More. Call for Info
Rec Diving
112 N. Woodward Royal Oak
(3 Blocks S. of 14 Mile)
313-549-0303

Leisure Decks™ BY JEDI
PRE-SUMMER SALE
Behind Every Great Home is a Great Deck

SAVE $750 NOW*
• Exclusive Warranties
• America's #1 Deck Company
• Top Quality Materials
• Convenient Credit Plans Available
Decks by JEDI are the "Beautiful, affordable way to increase the living area and value of your home."
Call Today For Your FREE In-Home Design Consultation & Estimate at no obligation
Call 24 Hours
1-800-3359-DECK or 1-800-421-JEDI
*Expires 5-31-92 (Accepted)

Golfers — Save time and money!

Join Now*
The Heathers Club at Bloomfield Hills is offering a limited number of memberships at special fees. Has the champions course, pool and other amenities, Scottish links, a grill lounge and a pleasure Clubhouse facility. Can't pass up this one-time opportunity. Call today for details. Offer ends April 30, 1992.
• Receive $750 in membership credit at sign-up
• Lock in a lower dues rate
• Enjoy a complimentary golf membership
• Play at Champions, a Scottish links course
Call today for details. Offer ends April 30, 1992.
THE HEATHERS CLUB

GO CARTS • MINI BIKES
CART KIT $399.95
1 & 2 SEATERS ..... from $429.95
ATVs ..... from $689.95
MINI BIKES ..... from $399.95
POLARIS ATVs
SALE
AMERICAN MADE
Save Hundreds!
LaBARON'S SPORTS
34711 Dequindre, Troy, S. of 15 Mile • 585-3535
M., Th., F. — 10-8, T., W., Sat. 10-6, Closed Sun.

NOW IN WYANDOTTE!
VINYL SIDING $34.95 Dwl sq.
Aluminum Coil Stock 24 x 50 ft. $39.95 roll. White + 16 other colors
Seamless Gutters sun to any length while you wait 69¢ ft. .027 Gauge N.A. Cast Ally
Dark Brown Vinyl Soffit $29.95 sq.
Aluminum Soffit 5VP 10 white and colors $56.95 sq.
Vinyl/Replacement Windows Tilt In Easy Cleaning Trendsetter 053U1 $79.95 ea.
Custom Trim Bring in your measurements. We will custom-fit your trim. Any color, any shape
DETROIT 6450 E. Eight Mile Rd. Detroit, MI 891-2902
PONTIAC 5437 Dixie Hwy. Waterford, MI 623-9800
LIVONIA 29455 W. Eight Mile Rd. (1/2 mi. E. of Middlebelt) 478-8984
INKSTER 3000 Middlebelt (1 Blk. S. of Michigan) 728-0400
NEW IN WYANDOTTE 2161 Eureka Rd. (1 blk. E. of Fort) 284-7171
Quantities Limited · One Sq. 100 Sq. Ft.
7:30-5:00 Mon.-Fri., 8:00-2:00 Sat. Closed Sundays

SIDING WORLD
FREE Instruction Book

ROCKERS SOCCER
GET INTO THE GAME!
FAST-PACED INDOOR SOCCER EXCITEMENT! OFF-THE-WALL! HIGH SCORING ACTION!
ALL TICKETS ONLY $5
NPSL Championship Final Series
(Best of 5 series)
DETROIT ROCKERS vs. CANTON INVADERS
Game #3 • Fri., APRIL 24
7:35pm • COBO ARENA
Game #4 (if needed) • Sun., APRIL 26
5:05pm • COBO ARENA
Featuring NPSL playoff leaders forward "Superman" Andy Chapman (23 points) and goalkeeper "The Goose" Bryan Finnerty (9.66 points against)
$5 Tickets available at the Rockers Office, Cobo and Joe Louis Arena Box Offices and all Hudson's Centers
CHARGE BY PHONE (313)645-6666
For information call the Rockers Hotline at (313)473-0440