

# Sports

Hunting can be hard work

## Hey, hunter! Get in shape

By CHARLOT M. DENMON  
Staff Correspondent

Thousands of hunters have taken to the fields for small game in Northeastern Pennsylvania and, in another four or five weeks, many more will be taking off to the woods, mountains and terrains in these northern counties to go deer hunting.

Some hunters, male or female, will hunt locally while others will travel in hunting parties to their cabins or lodges, prepared to stay from two or three days to two weeks.

Many of these hunters are not prepared physically for the rigors of the sport, particularly the middle-aged and older men and women.

"Hunting, specially deer and bear hunting, is physically demanding on the arms, legs, back of the hunter as well as the respiratory and circulatory system," said Ted Vesloski, Northeastern Region Law Enforcement supervisor. "Many hunters are not in condition. Their jobs are not physically demanding, they drink or smoke and many are paunchy or flabby, due to lack of proper exercise."

Vesloski recommends that these hunters begin an early training program as early as July. The law enforcement supervisor said it is wise for the hunter to have a complete physical, then start a program of light exercise, walking or running more each day, and building up to the opening day of hunting season.

"Following these guidelines can help prevent heart attacks or strokes," said Vesloski. According to him, walking the mountains and hills in this area is very strenuous and climbing over and crawling under fences, stone walls, fallen trees and other obstacles make moving around in the woods difficult. Add to that, the heavy clothing worn by most hunters and carrying their gun, pounds are added that place demands on the respiratory and circulatory systems, above which the body can stand. Dragging a deer or bear through the rough terrain also puts strain on the body causing undue problems such as heart or blackout attacks, according to Vesloski.

The law enforcement supervisor said that, to the best of his knowledge, there were few reports of heart attacks suffered in the woods during last year's hunting season, but no one

has statistics as to whether or not the strenuous exercise undergone during deer hunting in particular may have been the cause of physical problems.

Local game commission officials recommend that all hunters have pre-season physicals and they all carry medical information cards listing name, address, medical problems, prescribed medication, name of physician or contact person and other vital information.

Hunters staying in the various camp locations should leave information at home and at the camp site concerning their destination, nearby road, stream or mountain to aid in locating them in the event of an emergency and a list of names and addresses of those staying at the camp should be posted on camp doors. The name or the telephone number of their camp should be left with a relative or friend.

Vesloski also cautions hunters about carelessness in the field. A firearm can be dangerous if not handled correctly, he said. Hunters should not lead firearms before shooting time since this can be dangerous. There can be and have been cases where a gun accidentally discharges and a person injured or killed when the hunter trips or falls.

During turkey season, hunters are urged to take thorough precautions. Half of the victims shot last year were because they were mistaken for turkeys. Persons should be cautious about concealing themselves under the heavy cover of brush or foliage or wearing camouflaged clothing.

Making souts to call turkey herds can be dangerous because some hunters shoot at any sound or movement. Hunters who call turkeys should carry fluorescent orange material and hold it above them before using turkey calls and hunters should also be positive of target before firing.

The hunter should make his presence known with a friendly, spoken greeting, perhaps a discreet cough or a noisy exchange. Hunters, hopefully, are more careful and hesitant about firing if they know another person is in the area.

It is not only the hunter but also his dog who is usually out of shape at the onset of hunting season. Not having spent much time in the field during the summer months, muscle tone is lost and extra pounds are

added. Heat, soft muscles and excess weight take their toll on both hunter and dog, and Vesloski emphasizes the importance of gradual conditioning even a period of time for both hunter and dog.

The increase in rabies this season is another concern of the hunter because of the likelihood of coming across rabid animals.

Vesloski explained that hunters or trappers would be wise to take certain precautions when taking or handling wildlife.

"If an animal is acting unusual, shows no fear of humans, acts sick or sluggish, or if it appears to be abnormally active, it is best to say away from it," said Vesloski. "Rabies can occur in any warm-blooded animal, but is seldom found in small game. It is most likely to show up in furbearing animals such as raccoons, skunks and foxes, although it has been found in squirrels on rare occasions. Bats are also well-known rabies carriers."

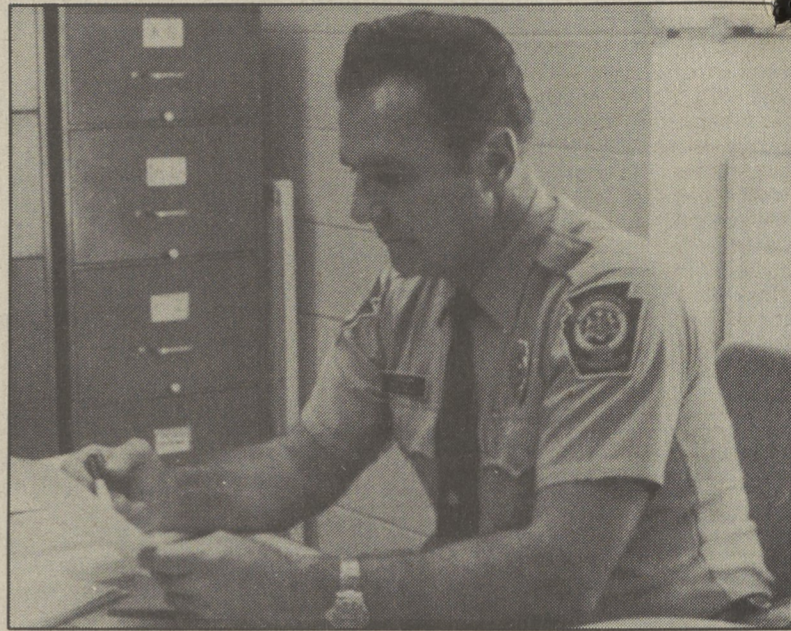
Vesloski said the recent discovery of a rabid deer in Fulton County was only the fifth case of rabies reported in deer since the Pennsylvania Agriculture Department started keeping records on the virus in 1943 and nearly 20 million deer have been born in the state in those 41 years.

"It is still important to take precautions," he said, "Since any wildlife, small game or deer, can be bitten by a rabid animal and thus infected. Also important is to have hunting dogs inoculated and dogs, cats and other pets allowed out-of-doors should have rabies shots. Those who have already received rabies shots need a further series of injections should they come in contact with a rabid animal."

While rabies is usually transmitted through the bite of an infected animal, the virus can infect humans through any break or cut in the skin, through mucous membranes or saliva into the eyes, nose and mouth.

Hunters this season need to take extra precautions while in the field. Never take for granted your physical condition, see your physician, follow a training program, do not overexert, carry vital medical information, keep family or friends informed about hunting locations, hunt in pairs, and be certain your dogs are inoculated. It is best to be over-cautious than under-cautious about your physical condition or rabies.

In hunting, make note, more than guns can kill. Make hunting a fun sport, not a dangerous or hard work sport.



Dallas Post/Charlot M. Denmon

### Offers caution

Ted Vesloski, Northeastern Regional Law Enforcement Supervisor for the Pennsylvania Game Commission, reviews some notes in his office at the Dallas-based Game Commission. Vesloski cautions hunters to be in the best possible physical condition before taking to the rigorous hills and mountains for hunting.

### HUNTER COURSE OFFERED

The Pennsylvania Game Commission announces that a certified Hunter Education Course will be presented at the Penn State campus, Lehman, Saturday, Oct. 20 from 9 a.m. to 4 p.m.

The eight-hour course will be sponsored by Pa. Game Commission which will be presented by Joe Yanchunis, Ed Kordek, Joe Lier and Edward R. Gdosky.

Classes will include knowledge of sporting arms, safe handling of sporting arms and hunter responsibility. The final hour will be devoted to examination for certification as a Pennsylvania safe hunter. Hunter education student manuals will be provided by the Pennsylvania Game Commission.

All students successfully completing the course will receive a certification and identification card with a Pennsylvania safe hunter brassard. A certificate of competency will be needed by all first time hunters under 16 years of age to purchase a hunting license. No students under 11 years of age will be certified; however, hunters of all ages are welcome.

## Shavertown man leads King's runners

Now in his fourth year as coach of the King's College cross country team, Paul Reinert of Shavertown has amassed a composite 44-13 record.

The former Bishop O'Reilly and Scranton University runner and wrestler has displayed an amazing resiliency as pilot of the King's thin-clads.

In addition, Reinert has shown by example that he personally can put

into practice the running tenets he preaches.

For example, he finished a 12.4 mile marathon run from Kirby Park, Wilkes-Barre, in 25th place in a field of 300 runners on Sunday, Sept. 23. That event was sponsored by the Wyoming Valley Striders and Blue Cross.

Going into a Sept. 29 home meet with Albright College, Coach Reinert had the Monarchs at 4-3.

Not a bad mark considering he lost his big four of Bill O'Connor, John McCann, Paul Leonard, and Ray Kush by graduation.

In 1981, Reinert's initial season at King's, he tasted immediate success with an 11-3 record. Having the great African runner, Francis Awanya of Uganda, on the team did not hurt the results. In fact, some prophets of doom questioned what Coach Reinert would do when Awanya departed.



## Strikes & Spares

R. Bonomo knocked down pins for 211 (597) for Fino's Pharmacy but wasn't enough as Katyl TV men took four paced by R. Garris' 568 in the George Shupp League. SCID shut out Steele's Restaurant aided by Demetro who scattered pins for 526. C. Kazokas walloped pins for 213-221-224 (658) to lead Gino's Shoe Store to three points from Harris Associates. R. Daubert added 553 and T. Doughton hit 524. T. Guido

rolled 219. D. Purvin hit pins for 539 and R. Harris posted 212 (536) for the Harris men.

In the Ladies Country League, Gordon Insurance blanked Grotto Pizza paced by P. Gordon's 178. R. Carroll's 180-188 (497) and C. Mill's 475 led the Castlettes to three points from Fashion Vending whose R. Gula hit 174. G.H. Harris Associates picked up three points from Bonomo's Sports Center aided by P. Williams 171.

Marilyn Morris made a 6-7-10 split for the Citations in the Idetown Compact League and Nancy Kozemchak chalked up 182 to help the team take three from Aries who had Dean Doty's 519. Pintos took all from the Firebirds with M. Chopko's 209 high for both teams. J. Berti toppled pins for 229 (513) to spark the Camaros to three points from Capris. Corvettes and LaBarons divided evenly with no one able to hit high scores.

In the Back Mt. Church League Maple Grove shut out Carverton A while Dallas A took three from Carverton B. Trucksville B copped three from Shavertown A and B. Hospodar's 529 helped Trucksville C take three from Orange. Shavertown B picked up three from East Dallas with D. Wright's 506 high for both teams.

A Team blanked the Ghost Busters while Nobody's and Halfbreeds split 2-2 in the Bonomo Mixed League. K. Mintzer rolled 171 for the Halfbreeds while B. Hospodar hit 527 for Nobody's.

In the Bowlerette League M. Reese spilled pins for 177 to a Brent Long in taking four from Tom Reese while N. Crane's 183-178 (516) showed the way for Hoagie Bar's four points from Franklin's

Stymie took all from Spanky in Our Gang League paced by Lee Isaacs 223 (545). Michele Grossman rolled 180 for the losing five. Darla picked up three points from Waldo despite Waldo's Tom Haggerty's 502. Alfalfa copped three from Wheezer and Porky took three from Buckwheat.

In the Imperialette League R. Holthaus scattered pins for 179 to aid Lombardo Bakery in taking three from Hoof 'N Paw. I. Katyl's 184-210 (537) showed the way for Humphrey's three points from the Jean Shop while Mahaffey Oil and Scavone Motors divided 2-2. M. Fondo rolled 171 (478) for the oil girls and K. Scavone hit 472 for the motor five.

B. Belcher's 565, A. Smith's 543 and J. Pearson's 222 paved the way for Bermudas three points from G.H. Harris in Bonomo's Major League. A. Wendel hit 233 (565), H. Bennett rolled 545 and D. Purvin had 527 for the Harris boys. Charlie's All Stars took three from the Hambos sparked by F. Cornell's 576. J. Roan's 530 paced Brown's Oil to three points from Sweet Valley Outfitters whose Glen Mazer hit pins for 551 and B. Varner hit 525. Back Mountain Sporting Goods men split with the Beach Combers whose C. Kazokas walloped pins for 235 (598).

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