

# Changes in store for anglers

**F**ISHING LICENSES expire at the end of the month and when anglers purchase a 1989 license, they should also be sure to pick up a copy of the 1989 Michigan Fishing Guide. There are some changes in the regulations that should be noted.

In an effort to enhance the trout/salmon fishery on the Great Lakes, a fishery which has dropped off dramatically in recent years, the Michigan Natural Resource Commission made several changes regarding bag limits and size limits.

On the Great Lakes and connecting waters, the daily possession limit on trout and/or salmon remains at five. But this year, no more than three of one species may be taken, except pink salmon, and no more than two splake or lake trout may be taken from Lake Michigan.

The regular season 10-foot bag limit remains in effect on rivers and streams with the exception that only three may exceed 16 inches in length.

On streams with extended trout and salmon fishing, the daily limit was reduced from five to three, and



**Bill Parker**  
outdoors

all three must exceed 16 inches in length.

The lake trout season on lakes Michigan and Huron has been extended through Labor Day. The season had previously closed on Aug. 16.

**THE DAILY POSSESSION** limit for yellow perch has been set at 50. The exception is on waters of Lake Huron, the St. Clair and Detroit rivers, and in Lake St. Clair and Lake Erie, where a daily limit of 100 yellow perch will be enforced.

Beginning this year, it will be illegal to take reptiles, amphibians, mollusks and crustaceans except as provided by the DNR director's order. Snapping and wolfish turtles and frogs may be taken for personal consumption under a fishing license between July 15 and Sept. 30. The

daily possession limit for snapping turtles is 10, softshell turtles two and frogs 12.

There is also a new limit on lake herring and a no-kill (catch-and-release) season is in effect on the Huron River in Washtenaw County.

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**THE WEEK OF** March 19-25 has been set aside by the National Wildlife Federation (NWF) as National Wildlife Week. This annual observance by the NWF is intended to build public awareness of the nation's natural resources and the ongoing efforts to conserve them.

This year's theme is "Predators, They're Part of the Picture." The NWF believes it is time for people to fully understand the importance of

predators in the ecosystem. Locally, the Huron Clinton Metroparks and the Oakland County Parks are each offering a mini-class on predators.

On March 19, Stony Creek Metropark will hold a class titled "Predators: How They Fit In." The class begins at 1 p.m. and will focus on how predators are often misunderstood and persecuted for catching and eating other animals, when in reality, they play a very important role in the ecosystem. Call the Metroparks at 1-800-24-PARKS for more information.

On March 29-30, Independence Oaks County Park will hold a mini-class entitled "Predators." This class is aimed at children 9-13 years old and will explore the life of predators. Activities and games are planned. For more information, call Independence Oaks at 625-6473.

(Bill Parker is happy to answer questions readers may have regarding the outdoors. Send your questions or comments to Outdoors, 1225 Bowers, Birmingham 48012.)



**Myrna Partrich**  
exercising options

## Take cautious approach to post-surgery exercise

**Dear Myrna:** I am a regular exerciser. I like low-impact aerobics and body toning. Last week I had major abdominal surgery. My doctor has allowed me to exercise a little by next week. I can't imagine this—I am wiped out. What should I do?

I think the first and most important thing you must realize is that your body has had an enormous shock. It's not just the area of the incision you have to be concerned with, but your entire body.

The effects of anesthesia and the medication you have probably taken is a shock for your body in itself. No matter how fit you were before surgery, it's important to acknowledge the effects of surgery on your body before you even think about starting to exercise.

In my research on the subject, I've found some interesting facts. Did you know that the metabolism rate changes for a number of days after surgery? This affects not only the body's general nutrition, muscle mass and muscle strength, but the delivery of nutrients and the body's ability to utilize them is delayed for a couple of days following surgery.

According to many medical surgeons, it takes the body a few weeks to totally reverse the hormonal trauma of surgery. Also, while recovering in bed, your muscles do start to atrophy a little which will affect your ability to exercise and should influence your post-surgical exercise program.

Your body has gone through physiological changes and you should exercise cautiously and recognize your limitations.

If you are careful, exercise can increase your circulation and help speed up your physical recovery. This also will have a positive effect on your mental outlook as well, since post-surgical depression is not uncommon.

Planning your post-surgical exercise program:

- How fit were you before surgery?
- Consider the type of surgery and the length of time the doctor is telling you to rest.
- When the doctor allows you to exercise the following week—what does he really mean? Does he mean a little walking, swimming or low-impact exercise?
- Abdominal surgery can become quite major because all movement comes from your center abdominals.

Now is where the common sense kicks in. Keep in mind that sometimes, from the doctor's point of view, when your incision heals and you are back on your feet, you're healthy. Total fitness conditioning is not his or her area of expertise.

When you start to regain your strength, start by walking. Start one-half mile per day and increase slowly to two miles. This is a good beginning.

When you feel really up to it, try a beginner, low-impact class or low-impact level 1 class. Start twice a week, then increase to three or four times per week. This will give you your variety on aerobics and body toning.

Do not expect to find an exercise class easy at first. Have lots of patience. Remember, abdominal surgery can be a slow recovery—all our movement comes from our centers.

Myrna Partrich, co-owner of The Workout Company of Bloomfield Township, is happy to answer any questions readers may have regarding exercise. Please send your letters to: Sports Department, Myrna Partrich, 1225 Bowers, Birmingham 48012.

## outdoors calendar

### IMPORTANT DATES AND EVENTS

- March 12 — Bring Back the Bluebird Workshop, a seminar in which participants will learn to help bluebirds by building nesting boxes and placing them in suitable habitat, will be held at 1 p.m. at the Dinosaur Hills Nature Preserve in Rochester. Pre-registration is required. Call 656-0999 for details.
- March 16 — Birmingham, Bloomfield and Troy chapters of Ducks Unlimited will hold its annual sponsors' dinner at the Pike Street Restaurant in Pontiac. Call Tom Needels at 548-3280 for more information.
- March 17-19 — Deer Spectacular, featuring a trophy contest, a display of trophy Michigan whitetails, seminars and exhibits, will be held at the Lansing Center. For more information call 669-4750.
- March 19-25 — National Wildlife Week, a time set aside by the National Wildlife Federation to build public awareness of our natural resources and the ongoing efforts to

conserve them. This year's theme is "Predators."

• March 30-April 1 — Sportfishing Expo, featuring guest speakers including Bob Winkelman and Jerry McKinnis, along with factory exhibits, seminars and more, will be held at the Palace of Auburn Hills. Call 682-4079 for more information.

• April 1-2 — Midwest Fly Fishing Expo, featuring guest speakers, exhibitors, seminars and more, will be held at the Southfield Civic Center.

• April 5 — Monthly meeting of the Livonia-based Four Seasons Fishing Club will be held at 7:30 p.m. at the Maplewood Center in Garden City. Guest speakers include Jim Martin, with report on his three-year study of deformed walleye, and Alex Vitke, who will demonstrate the hand wire method of fishing for walleye. Four Seasons is a family oriented fishing club and potential new members are invited to attend the meeting. For more information call Tony Breihler at 477-3816.

• The Pic. Moultree Shooting Fa-

cility is now open to the public. Hours for trap and skeet shooting are Wednesday through Sunday, 10 a.m. to 8 p.m. Rifle and pistol shooting are open Thursday through Sunday, noon to 4 p.m. For more information call 379-3820.

### METROPARKS

- Early Spring Birds, a walk through the park to locate early migrant birds, will be held at 2 p.m. Sunday, March 19, at Kensington.
- Bluebirds, Their Homes and You, a nature program in which participants will learn to assist in the efforts to bring the bluebird back, will be held at 2 p.m. Sunday, March 19, at Kensington.
- Fox, Owl and Heron, Too, a nature program including a craft in which participants will learn about predators in Kensington Park, will be offered at 3 p.m. Sunday at Kensington.
- Maple's Sweet Story, a nature program in which participants will learn how maple sap is made into maple syrup, will be offered at noon

every weekend throughout the month of March at Kensington.

• Most Metropark programs are free but all require advanced registration and a motor vehicle permit. For registration and additional information, call the Metroparks at 1-800-24-PARKS.

• The 1989 Metropark annual vehicle entry permits are on sale now at all of the Huron-Clinton Metropark offices. Cost is \$10. For more information call the Metroparks at 1-800-24-PARKS.

### OAKLAND COUNTY PARKS

- Gems of Blue, a nature program about the history of the Eastern Bluebird and current efforts to bring them back, will be held at 1 p.m. Saturday, March 18, at Independence Oaks.
- Most events at the Oakland County Parks require pre-registration. A park vehicle entry permit is always required. For more information on any of the events call 858-0908.

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Morning	Saturday, March 25, 1989	Reserved (Rows 10-18)	\$800	\$600
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7:30 P.M.	Sunday, March 12, 1989	Ringside (Rows 1-9)	\$800	\$700
Evening	Sunday, March 19, 1989	Reserved (Rows 10-18)	\$800	\$600
		Ringside Ends (Rows 1-9)	\$800	\$475
7:30 P.M.	Wednesday, March 15, 1989	Ringside (Rows 1-9)	\$800	\$600
Evening	Thursday, March 16, 1989	Reserved (Rows 10-18)	\$800	\$500
	Wednesday, March 22, 1989	Ringside Ends (Rows 1-9)	\$800	\$425
1:30 P.M.	Sunday, March 26, 1989	Ringside (Rows 1-9)	\$800	\$700
Afternoon	(Easter)	Reserved (Rows 10-18)	\$800	\$600
		Ringside Ends (Rows 1-9)	\$800	\$475

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