

Mariuz wins Salmon Stakes

ED MARIUZ of Rochester Hills was credited with catching the biggest fish in the recent River Crab Salmon Stakes fishing tournament in St. Clair — a 19.76-pound chinook (king) salmon.

Mariuz and his crew — sons Steve and Jeff and neighbor Mark Duval — were fishing aboard Mariuz's boat, Canvasback, when the king hit a chartreuse Long-A Bomber at 6:30 a.m. Duval reeled in the healthy chinook, which was caught on a downrigger in 28 feet of water.

Duval won a plaque for his effort and helped his fishing club, the Blue Water Sport Fishing Association, win the \$5,000 club award with a total catch of 489.88 pounds of fish.

Overall, 300 boats registered for the tournament, which raised \$60,000 to benefit child abuse agencies across the state. Over the past seven years the tournament has raised \$350,000 for this worthy cause.

Chuck Rachwitz of Livonia, Ron Huey of Birmingham and Rick Pearson of Troy, each took home \$100 for catching DNR fin-clipped salmon.



outdoors
Bill Parker

SLOWLY, BUT SURELY the Michigan Department of Natural Resources is working on a solution to combat the increasing number of lamprey in the Great Lakes waters and their tributaries.

Lamprey, which migrated to the Great Lakes from the Atlantic Ocean following construction of the Welland Canal, kill salmon and trout by attaching itself to side of the fish with its mouth and sucking out vital body fluids.

DNR director David Hales, in a letter to the Michigan congressional delegation, said the health and economy of the Great Lakes Basin states depends on immediate action to provide sufficient dollars to offset what will be essentially a reduction in dollars due to shortfalls in the Great Lakes Fisheries Commission ability

to maintain prior expenditure.

Hales is asking for an increase of \$2.8 million in the Great Lakes Fisheries Commission's budget of \$8.8 million and an additional \$1.3 million for capital improvements at lamprey research facilities.

MICHIGAN COULD lose more than 50 percent of its sport fishery to lamprey in Lakes Michigan and Huron over the next 10 years if federal funding is not adequate to support lamprey control measures, according to Hales.

One of those control measures being studied is the placing of electrical lamprey control barriers near the mouth of rivers lamprey use for spawning.

The fourth in a series of experi-

mental electrical barriers recently began operating on the Pere Marquette River in Mason County. It will be in use until the first week in July.

The barriers are being studied to see if they can be used to replace the costly chemical treatments currently used to control lamprey. One unanswered question of concern is what effect these barriers will have on salmon smolt, steelhead smolt and adult steelhead.

IF YOU THINK only a select few individuals participate in outdoor activities you'd better think again.

The U.S. Fish and Wildlife Service has conducted a comprehensive nationwide survey of wildlife-associated recreation every five years since 1955. Conclusions of the 1985 survey were recently released by the service, and the results were surprising.

The survey concluded that in 1985 46.4 million, or more than one in four adults Americans fished; 16.7 million, or more than one in 10 adult Americans hunted; and 100.8 million, or over half of all adult Americans actively participated in nonconsumptive activities such as feeding, observing or photographing wildlife. Anyone interested in a copy of the survey may receive one by writing to: The Publications Department, U.S. Fish and Wildlife Service, 4401 North Fairfax Dr., Room 130, Arlington, Va. 22201, or by calling (703) 558-1711.

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

exercising options



Myrna Partrich

Muscles could be cause of 'swelling'

Dear Myrna: Can you explain why I "swell up" after exercising? I'm in good shape and health and 38 years of age. Thanking you in advance for your answer.

Have you ever heard of "pumping up?" When you refer to exercise, you must be referring to callisthenics (leg raises, butt lifts, abdominal crunches, upper-body moves, etc.), not aerobic type.

Questions: 1. Are you using weights? 2. Are you stretching properly afterwards?

By working your muscles, you contract them, creating a shorter, more rounded muscle. This could result in what you describe as being "swelled up."

There are lots of variables here.

If you are slim, the "muscle definition" could be great. If you are mid-range or heavy and afraid of bulking up and looking large, I can understand. If you have more testosterone (male hormone) in your body, you will tend to bulk faster and greater.

Are you using heavy weights or machines?

If you are bulking, lighten up your weight and stretch each body part after you "overload" it.

If you are attending exercise classes, you shouldn't be "swelling up." I know in our studio, as in most, we use light weights, with lots of repetition for good toning and shaping. After working each body part, we take the extra time and care to stretch to our maximum for greater results.

For more specific answers, please call me. I'd love to help you.

(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, 805 E. Maple, Birmingham, 48012.)

outdoors calendar

IMPORTANT DATES AND EVENTS

• May 13 — Kickoff of the Day in the Park Program, which encourages minority use of state parks, will take place at Sterling State Park, east of Monroe. There will be a brief presentation at noon followed by a full schedule of afternoon activities. For more information, contact the DNR's Day in the Park program at 887-2199 or (517) 373-1270.

• May 13-21 — National Recreational Vehicle open house week.

• May 31 — Deadline to register for the Michigan Wilderness Preservation Organization's Environmental Education Camp. The camp is open to all youngsters ages 7-18 who have a desire to learn more about the world around them. For more information, contact Christopher J. Angel, Camp Director, 1700 Adams Road, Glennie, Mi. 48737, or call (617) 755-4542.

• June 2 — Free Canoe Day, 42 canoe liveries across the state will offer free canoeing and free lessons to beginners. Locally, contact Hayner's Canoe Rental (885-2379) or Polynski Canoe Rental (885-1051) in Milford or Skip's Huron River Canoe Livery (769-8666) in Ann Arbor.

OAKLAND COUNTY PARKS

• Weekend camping is open at Addison Oaks (893-2432) and Groveland Oaks (834-9811).

• Beginning Birding, a nature program in which participants will learn the basics of bird watching through lectures, handouts and field experience, will be offered at 8 a.m. Saturday at Independence Oaks. Cost is \$5 per person and pre-registration is required. Call 855-0916 for more information.

• Wildflower Wandering, a nature program in which participants will learn to identify woodland wildflowers, will be offered at 1 p.m. Saturday at Independence Oaks.

• Regular camping season begins May 19 at Addison Oaks and Groveland Oaks.

• Flashback to Summer, a family fun day in which participants can discover the food, games and entertainment that have dominated American culture since the turn of the century, will be offered at 12 p.m. Saturday, May 20, at Independence Oaks.

• Michigan Songs and Stories, a musical presentation, performed by folk singer Kitty Donahoe, about the history and natural beauty of Michigan, will be held at 7 p.m. Saturday,

May 20, at the Irwin Cohn Amphitheater at Independence Oaks.

• Tuning Your Tot Into Spring, a nature program for preschoolers which includes stories, songs and nature activities, will be offered at 10 a.m. Wednesday, May 24, at Independence Oaks.

• The annual fishing contest at Addison Oaks begins May 24 and runs through the summer. Prizes will be awarded at the end of the year for the biggest fish. A Michigan fishing license is required.

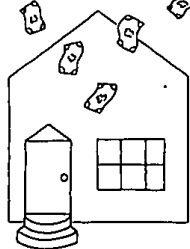
• Wetland's Wildlife, a canoe trip around Crooked Lake to explore the wildlife in the wetlands, will be offered at 8:30 a.m. Saturday, June 3, at Independence Oaks. Life jackets must be worn and pre-registration is required. Call 625-6473 for more information.

METROPARKS

• Creature Feature Like Night, an evening hike to search for some of the mysterious and fascinating creatures of the night, will be offered at 8:30 p.m. Friday at Indian Springs.

• May Bird Count and Picnic, the 13th annual census of birds in the park, will be held at 7 a.m. Saturday at Kensington. Participants will be assigned to groups led by an experienced birder.

Payments on the house



On the House Sweepstakes

Enter Michigan National's On the House Sweepstakes and you could win a certificate for payment of an Independence One® mortgage for a period of one year. The certificate covers payment of principal, interest, taxes and insurance up to \$1,500 per month.

For more information about the sweepstakes or a mortgage loan from Independence One, stop by any Michigan National Bank® branch or Independence One Mortgage Corporation branch office in Michigan. Or, phone 1-800-CALL-MNB.

Do it now — The deadline for entries is June 10, 1989.

Official entry forms and sweepstakes rules available at all Michigan National Bank and Independence One Mortgage Corporation branch offices in Michigan. Independence One Mortgage Corporation is a subsidiary of Michigan National Bank.

No purchase necessary. Void where prohibited. You must be 18 years of age or older to enter. See sweepstakes rules for complete details.

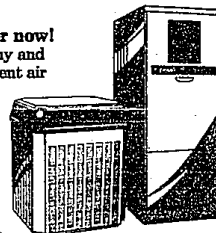
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