

Joint effort nets super show

BASS-A-RAMA FISHING and Tackle Show hasn't disappeared from the face of the earth. After 10 years of success at the Waterford Community Center, Bass-A-Rama has jumped ships and joined forces with the Silverdome Boat, Sport and Fishing Show in an effort to establish an all new "Super Show."

"It was really a big decision for all the club members to do this," admitted Ralph Levine, a member of the Michigan Bass Busters of Oakland County, the club which sponsors Bass-A-Rama. "I really think it's a good opportunity for us to keep the Bass-A-Rama name going and to become a part of the biggest outdoor show in Michigan, which I think this show will become in the future."

The Silverdome Boat Sport and Fishing Show runs through the weekend at the Pontiac Silverdome and kicks off the winter outdoor show season.

"We've got 10 years of equity built into this show. We have a good reputation and a good name," added Levine. They approached us with the idea and we think it will work out for all parties involved in the long run."

A big part of the lure of the Bass-A-Rama was the local celebrities which participated annually in the show. Levine assures all that the local concept will remain an important



outdoors
Bill Parker

part of Bass-A-Rama.

"We'll definitely still have the local flavor," he said. "Captain Al Lesh and Captain Steve Jones will be there again this year and Mark Martin (1990 World Walleye Champion) is coming over from the west side of the state. (Pro bass anglers) Pat Kleppert and Art Ferguson will also be on hand, although I don't think they'll be doing seminars."

The expanded show promises to be improved over past years and features some notable speakers as walleye tournament anglers Daryl Christensen, Gary Roach and Mike McClelland, steelheader Dennis Tidigare, bass anglers Jack DeBord, Wayne Ayers and George Liddle, stream angler and Detroit Free Press Outdoor Editor Eric Sharp and Tom Huggler who will lecture on fishing the lakes in Oakland County.

Show hours are 3-10 p.m. today, 11 a.m.-10 p.m. Friday and Saturday and 11 a.m.-6 p.m. Sunday. Buy-one, get-one-free advanced tickets are available at area Kroger stores.

Room for improvement

There has been a lot of talk in recent weeks about a possible reorganization of the Department of Natural Resources. One possibility that has the support of many sportsmen is to divide the Department into two divisions. One division would handle the environmental issues and the other would deal with the recreational use of our resources (hunting, fishing, boating, camping, etc. etc.) Such a division could ensure that license fees and money collected from excise taxes on fishing, hunting and boating equipment would be returned to the sports. Such a division would eliminate a DNR general fund, which is often dipped into by lawmakers for pet projects.

Room to recovery

Rouge Rescue was a tremendous success last year as better than 2,700 concerned residents from 22 communities participated in cleanup activities.

Statistics provided by Friends of the Rouge revealed that 4,000 cubic yards of debris were removed from the river including but not limited to 167 tires, 40 sheets of vinyl siding, 18 shopping carts, 17 hubcaps, 16 trash barrels, six picnic tables, four car doors, three television sets, two outdoor grills, two garage doors, two front car seats, one pickup truck bed, one swimming pool liner, a wheelbarrow, a bath tub, a bowling ball and last but certainly not least — a kitchen sink.

Great job and a sincere Thanks to all involved!

A final thought

With the present administration at both the state and national level, sportsmen should be getting a fair shake in outdoor related decisions.

Consider this. We already have a quaggy resting under a flush in the White House and our new governor is a simple typographical error away from being the state's No. 1 fisherman. Change the E to an A and we've got Governor Angler — it's catchy isn't it.

Hunter and angler are urged to report their success. Send information to: Outdoors, c/o E. Maple, Birmingham, Michigan or call Bill Parker Monday evening 6-10 p.m. at 644-1101.



exercising options

Myrna Partrich

A little rest needed for exercise cycle

Dear Myrna: I am an athletic man. Not only do I exercise a tremendous amount (I'm a runner), but I have to pump iron. However, I think I overdid it finally. My buddy challenged me to use much larger weights than I normally do after my usual gym workout. Of course I took that challenge and nearly killed myself. I went back to running and pumping iron on my usual daily basis. I haven't felt right since — that was the last week. Did I hurt myself? Please give me some input.

Some input — how about taking a rest, like maybe even for three or four days. You were not smart to push yourself in that challenge. Naturally, getting back out there the very next day and pushing your body again didn't help either. You might have heard the expression work through the pain — not so. Research indicates that exercise slows, not speeds, muscle recovery and may even lead to injury.

A research team at the University of Massachusetts had 12 men and women work their arm muscles to exhaustion, then put one arm in a sling for two days. Researchers discovered that although both arms stayed sore for a few days, the immobilized arm regained their strength more quickly.

More reference has been done in reference to muscle injury, testing whether exercising with sore muscles increase the risk of injury. The subjects ran on a treadmill for 30 minutes. The exercisers were sore and the muscle soreness caused the runners to stiffen their knees, ankles and hips, which in turn will cause injury. Stiff pants do not absorb shock as easily.

You might have easily put too much stress on your joints pumping larger weight than usual. Your body probably needs rest, badly. I presume you won't lose any momentum, just strengthen your muscles by taking a little nap.

You only need to pump iron three to four times per week maximum anyway. You should also be taking a day off running once a week. Major athletes in training do not even train hard every day.

My advice now again is take a rest if you still hurt and are not feeling yourself. So, do a deep stretch out and be more careful next time.

Myrna Partrich, co-owner of The Workout Company, Inc. of Birmingham, Ala., is a member of the President's Council on Physical Fitness and is happy to answer any questions readers may have in a personal capacity. Send your letters to: Sports Department, Myrna Partrich, c/o E. Maple, Birmingham 48009.



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outdoors calendar

IMPORTANT DATES AND EVENTS

Jan. 23-27 — Silverdome Boat, Sport and Fishing Show will be held at the Pontiac Silverdome. Show hours are 3-10 p.m. Thursday, 11 a.m.-10 p.m. Friday and Saturday, and 11 a.m.-6 p.m. Sunday.

Jan. 25-27 — Domino's Pizzeria Chapter of Ducks Unlimited will hold its annual banquet beginning at 6 p.m. at Domino's Farms in Ann Arbor. Contact Bill Range at 930-5727 for more information.

Jan. 25-27 — Northern Wildlife Art Expo will be held at the Civic Arena in Lansing. Call 623-6644 for more information.

Jan. 26-27 — Tug-Up-Town USA will be held at Houghton Lake. Call (517) 365-5644 for more information.

Jan. 26 — Trout River Winterfest will be held in Rogers City. Call (517) 734-4000 for more information.

Jan. 29 — A six-week fly tying class begins at the Riverbend Sport Shop in Southfield. Advanced registration is required. Call 350-8484 for more information.

Jan. 31 — Racoon season ends statewide.

Jan. 31-Feb. 3 — All-Canada Outdoor Show, with the largest number of all-Canada exhibitors to appear in the metro area, will be held at the Pontiac Silverdome. Call (414) 866-2323 for more information.

Feb. 1 — Sturgeon spearing through the ice opens on near trout waters.

Feb. 1 — Application deadline for the spring wild turkey hunt.

Feb. 2-10 — Detroit Boat and Fishing Show will be held at the Cobo Convention Exhibition Center. Call 1-800-922-BOAT for more information.

Feb. 2-3 — Devils Lake Tip-Up-Town will be held at Manitow Lake. Call (517) 547-6166 for more information.

Feb. 3 — Special late Canada goose season ends in the southern Michigan Goose Management Area.

Feb. 6 — Monthly meeting of the Four Seasons Fishing Club, a family oriented fishing club, begins at 7:30 p.m. at the Maplewood Center in Garden City. Contact Tony Brehler at 477-3816 for more information.

Feb. 6 — A free public boating course begins at the Clague Intermediate School, 1616 Nixon Rd. Ann Arbor. The course is offered by the Ann Arbor Power Boat Squadron. Registration begins at 7 p.m. Call 971-3780 for more information.

Feb. 8-10, 15-17 — Southeast Michigan Camper and RV Show will be held at the Detroit State Fair buildings.

Feb. 10 — Clinton River Muzzleloaders will hold its Eighth Annual Winterfest and Popcorn Bear Shoot (black powder), 9 a.m.-2 p.m. at the Detroit Sportsmen's Congress, 4980 Dequindre, Utica. Call 852-6597 or 779-1024 for more information.

Feb. 12 — A public hearing to resolve hunting safety and trespass issues begins at 7 p.m. at the White Lake Tap-Hall, 7527 Highland Rd. Call (517) 373-1230 for more information.

Feb. 13 — A public hearing to resolve hunting safety and trespass issues begins at 7 p.m. at the Charter Township of Lake Orion Hall, 2525 Joslyn Rd. Call (517) 373-1230 for more information.

Feb. 20 — A six-week fly tying class begins at the Riverbend Sportshop in Southfield. Course fee is \$50 and all materials and tools will be furnished. Pre registration is required. Additional classes begin Feb. 25, March 12, April 3, April 8 and April 23. Call 350-8484 for more information.

Feb. 22-March 3 — Detroit Outdoorama Sport and Travel Show will be held at the Detroit State Fair buildings.

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Feb. 28 — Spearing through the ice ends.

March 31 — Bogobog and fox seasons end statewide.

OAKLAND COUNTY PARKS

Observer & Recreant Ski School, 10000 Sunset Valley, will be held weather permitting. Saturday classes begin at 9:30 a.m. 11:30 a.m. and 6:30 p.m. at 455-0455. Call 929-2142 and at 9:30 a.m. and 11:30 a.m. at 455-0455. Advance registration is required by the Friday.

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